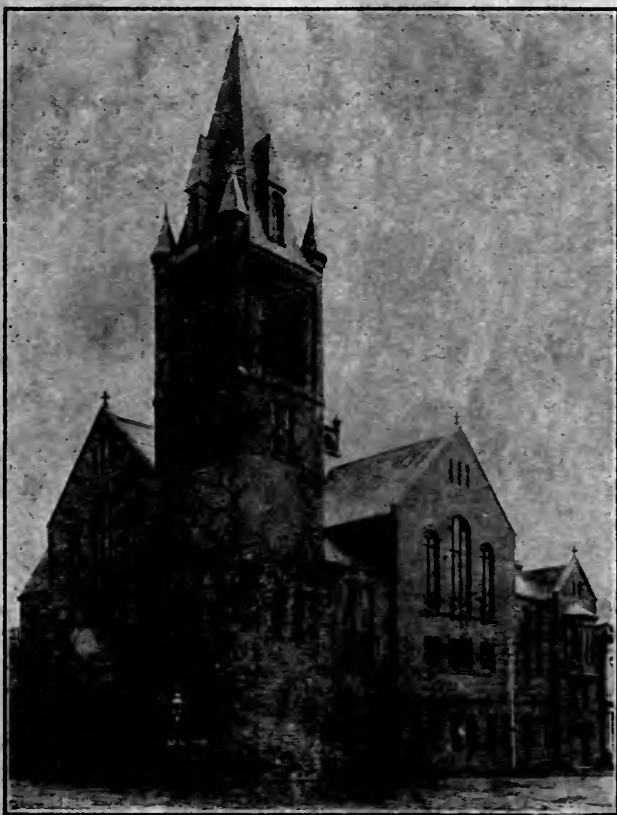


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PREFACE

The ladies who have been devoting their time to the compilation of the contents of this book have the satisfaction of now presenting the result of their labors to the public.

Believing that the work will be appreciated not only for its intrinsic merit, but also as the proceeds of its sales are for the benefit of the Ladies' Aid Society of the California Street M. E. Church.

The thanks of the compilers are especially tendered to the ladies who so kindly assisted by their recipes and to the advertisers, without whose assistance the book could not have been published, and they cordially commend the parties advertising to the patronage of all who buy the book.

To those who have helped by their contributions, they make most grateful acknowledgment.

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SOUPS.

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Potato Soup.—Peel and boil three large potatoes, wash and add one large tablespoonful of butter, Folger's Golden Gate Pepper and salt to taste, and one pint of milk; strain and add a little chopped parsley; reheat but do not boil; serve at once. A. E. P.

Cream of Corn Soup.—Add a pint of water to one can of corn and stew for one hour, strain, add Folger's Golden Gate Pepper and salt, and one pint of milk. Have well mixed one tablespoonful of Sperry Flour and one tablespoonful of butter; add to soup when it comes to a boil. A. E. P.

Dark Bean Soup.—Soak a cupful of dark beans over night. Boil for about two hours or until soft; mash and add one quart of good, well-seasoned stock and strain. When ready to serve, put into tureen one hard-boiled egg chopped fine, two or three thin slices of lemon and one tablespoonful of sherry, then pour in boiling soup. A. E. P.

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Chicken Gumbo.—Cut up one half-grown chicken, dip in Sperry Flour and fry; fry about two quarts okra, cut fine in separate skillet; when both are brown, put together in a pot and add two quarts of warm water and four or five ripe tomatoes peeled and sliced; add a small onion, some bay leaves and thyme. Boil slowly from two to six hours, and serve with boiled rice. T. Hollingsworth.

Crayfish Bisque.—Choose forty crayfish and let them have a good boiling, remove from the fire and drain; clean the heads, keep thirty of the shells, and also the remains, which put to boil in a quart of water; peel tails and chop them fine and make a paste with that meat to which add a cupful of soaked bread, a spoonful of fried onions, chopped parsley, salt and Folger's Golden Gate Pepper to taste, and with this fill the thirty shells and set them aside. Start soup by frying in butter and onion, some Sperry's Flour for thickening, and a half cup each of green onions and parsley chopped fine, a spray of thyme and two bay leaves. When brown, pour in the bouillon made with the remains of the heads, and season with salt and Folger's Golden Gate Pepper; boil slowly for half hour, adding more water if needed. When ready to serve, take each head, roll in Sperry's Flour and fry all in butter until crisp and throw in soup. Boil three or four minutes and serve with thin slices of toasted bread. T. Hollingsworth.

Mock Turtle Soup.—Make stock for soup of any fresh meat or salt pork. In another kettle boil black beans two hours, strain through a colander into the soup, adding Folger's Golden Gate Cloves, summer savory, sweet marjoram, Folger's Golden Gate Pepper, and salt. When ready for the table add, after straining a second time, sliced lemon, hard-boiled eggs cut in slices.

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Cream of Asparagus Soup.—For two quarts of soup, use two bundles of asparagus. Cut the tops off and cook twenty minutes; pour in one pint of cream and one tablespoonful each of butter and Sperry Flour rubbed together. Serve with toasted wafers.

Inquirer.

Veal Gumbo Soup.—Two pounds of fresh veal, one pound of fresh pork, one onion, parsley, one-half pound of okra. Cut the veal finely, also the pork; fry until brown. Cut the okra into small slices; add that with onion and parsley to the meat; stir until brown; add a pint of warm water, flavor with Folger's Golden Gate Pepper; let it simmer slowly; in twenty minutes add another pint of boiling water and two gills of claret wine. The soup is now ready for the table.

Miss T. Hollingsworth.

Tomato Cream Soup.—Put a quart of sweet milk on the fire in double boiler, and a can of tomatoes in another saucepan. Add a scant teaspoonful of soda to the tomatoes when they have cooked sufficiently, and strain. Thicken the milk when hot with a tablespoonful Sperry Flour blended with a little cold milk or water. Mix together just before serving; also add seasoning just before mixing.

Mrs. H. Wilson.

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Cream of Celery Soup.—One and a half pounds of lean veal, chopped; one moderately young chicken, jointed; add two quarts of cold water, and simmer until meat is cooked; remove the breast of chicken, and all best parts of meat; return the bones to the pot, and boil hard for an hour; strain, and let cool over night. (The chicken will make a dozen croquettes or a nice salad, and the soup is just as good without it.) About an hour before using the soup, skim off all the fat, and put the "stock," which should be a jelly, into a kettle. Let it slowly come to a boil, salt and pepper it, add a cupful and a half of good sweet cream, and two teaspoonfuls of Sperry Flour made smooth in a little of the cream. Do not boil it now, for fear of curdling. Have ready a cupful of celery chopped fine; stew it for half an hour in a little salted boiling water; drain off the water, and add celery to soup. Have a teaspoonful of cracker crumbs in the bowl, and serve immediately, before the crumbs are soaked.

Mrs. J. C. D.

Tomato Soup Without Stock.—One-half pound of good butter. Let it simmer. Add the heart of an onion sliced, six cloves, six Folger's Golden Gate Allspice, a small piece of red pepper, a blade or two of mace, and a few sprays of parsley. When the onion is well browned add a quart of tomatoes chipped, or a can of tomatoes if it is in winter time. Cook slowly for an hour; strain, and add a tablespoonful of well-browned Sperry Flour made smooth in cream—not enough cream to make the soup white. Of course, if you have stock, a cupful improves the soup, or two teaspoonfuls of beef extract is a good substitute for stock in any vegetable soup.

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Cream of Celery Soup.—Cut three heads of celery into half-inch pieces, and cook in one quart of boiling water until soft, then mash in the water. Cook one dessertspoonful of chopped onions and one quart of milk in oatmeal boiler ten minutes, and add the celery. Rub through a strainer, and put on to boil again. Cook one tablespoonful each butter and Sperry Flour together until smooth, and stir into the boiling soup one-half teaspoonful of salt and one-half saltspoonful of Folger's Golden Gate Pepper. Boil five minutes, strain and serve.

Mrs. J. C. D.

SAUCES.

KINGAN'S Hams and Bacons are always best.

Parsley Sauce.—To be used with boiled chicken, boiled salt pork, baked white fish, boiled salmon, or lima beans. Take a large bunch of parsley, wash clean, boil with stems on in as little water as possible, into which drop a piece of soda as large as a small pea, to keep the parsley green. When tender, take from the water, which must be saved; pick from stems; chop fine; add as much rich milk to the water as needed, a piece of butter the size of an egg, salt and Folger's Golden Gate Pepper. Stir in parsley; thicken and cook a few minutes. In serving with boiled chicken, cook the chicken in as little water as possible, boiling it down, if too much for the sauce, after the chicken is removed, and use this broth for the sauce instead of milk.

Mrs. T. H.

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Onion Sauce.—To be served with either roast mutton or pork. Boil the onions until tender; chop fine after being thoroughly drained. Have ready half a pint of scalding milk, seasoned with butter, salt, and Folger's Golden Gate Pepper; a little cayenne. Stir in the onions and thicken; cook a few minutes and serve.

SALADS.

We recommend KINGAN'S Hams and Bacons.

Up-to-Date Salad.—One and one-half cups celery chopped fine, one cup English walnuts; dressing, yolks of two eggs, two tablespoonfuls vinegar, two tablespoonfuls butter, one tablespoonful sugar, one teaspoonful salt; boil vinegar and sugar and salt, add eggs, stir until thick; remove from the stove and add butter before serving; add one-half cup whipped cream.

L. R. E.

Pepper Salad.—One-half package white gelatine dissolved in one-half cup cold water; half cup mild vinegar, juice of one lemon, one cup sugar, little salt; add half pint boiling water; cool and pour over two cups chopped cabbage, one cup chopped celery; about one-half can sweet Spanish red peppers. This is delicious.

Mrs. J. M. Jackson.

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Pineapple and Celery Salad.—Cut both in dice-shaped pieces. Serve on lettuce leaves with salad dressing. E. R. L.

Mayonnaise Dressing.—One-half pint salad oil, one egg yolk, salt, Folger's Golden Gate Pepper, three or four tablespoonfuls lemon juice or vinegar. Have the ingredients all thoroughly cold. Add oil to yolk of egg, very slowly at first, but after a while it may be added more rapidly. When all the oil is used, put in the seasoning, and thin down to required consistency with the lemon juice or vinegar.

Mrs. E. R. Lewis.

Chicken Salad.—One cold cooked fowl, two cups celery, salt and Folger's Golden Gate Pepper to taste, four tablespoonfuls oil, two tablespoonfuls vinegar, mayonnaise dressing, lettuce, hard-boiled egg and olives for decorating. Cut the fowl into dice, removing all skin and gristle; mix it with the celery, add the salt and Folger's Golden Gate Pepper, and marinate for an hour before using with the oil and vinegar. Mix with mayonnaise dressing, and garnish with lettuce, hard-boiled egg and stoned olives, or strips of red pepper.

Lobster Salad.—Cut the lobster meat in small pieces, but do not chop it; moisten with one tablespoonful oil and one of vinegar for one pint of meat. Season with a little cayenne, and keep it cold till served. Arrange it in a salad bowl or platter, with cup-shaped lettuce or with large leaves freshly shredded, and cover with mayonnaise dressing. A few slices of red radish, or rings from sliced beet, or sweet red pepper will give a bit of color; but eggs are unnecessary with such a salad.

Mrs. Shank.

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Tomato Jelly Salad.—Soak one-half box gelatine in one-half cup cold water; dissolve in three cups boiling highly-seasoned tomato, strain and mold in cups and when chilled and firm serve on lettuce with dressing.

Fruit and Nut Salads.—Mix one cup each of freshly sliced apple and celery and one-half cup of crumbled walnuts. Dress with mayonnaise dressing and serve with lettuce. Mrs. Charlotte Weir.

Boiled Salad Dressing.—One pint vinegar, two tablespoonfuls Sperry Flour, two tablespoonfuls cornstarch, one rounding teaspoonful Folger's Golden Gate Mustard, one-eighth teaspoonful white pepper, one teaspoonful salt, one tablespoonful sugar, four yolks eggs, one-quarter cup butter. Put the vinegar in upper boiler (if too strong use part water) and salt and Folger's Golden Gate Pepper, blend Sperry Flour and cornstarch smoothly with two tablespoonfuls of water; pour boiling vinegar slowly over mixture and return to boiler. Let cook while stirring until it thickens. Blend mustard and sugar and add to slightly beaten yolks of eggs. Put boiler over hot water in lower boiler. Remove from fire and add eggs and butter, beating in carefully with dover beater, to make dressing very smooth. Cool and put in covered glasses. When ready to use, add plain or whipped cream, in proportion of one-third cream to two-thirds dressing or equal parts.

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Shrimp Salad (Spanish).—Pick the shrimps in small pieces, season with salt, Folger's Golden Gate Pepper, and a dash of red pepper; chop green mangoes (one large one to each can of shrimps). Toss all up well and serve with mayonnaise dressing. Mrs. W. C. Baker.

Cabbage Salad.—Cut with a sharp knife in fine shreds one well bleached head of white cabbage, one head of Indian cabbage (red). Alternate in your salad bowl and cover with the following dressing: The raw yolks of two eggs, one-half teacupful of olive oil, three tablespoonfuls of vinegar, one tablespoonful of made mustard, one teaspoonful of sugar, a dash of Folger's Golden Gate Pepper, one saltspoonful of salt, one tablespoonful of chopped capers. Pour over the cabbage and serve. Mrs. W. C. Baker.

Boiled Salad Dressing.—Two raw eggs beaten, one tablespoonful butter, six tablespoonfuls vinegar, one tablespoonful water. Pour on boiling water until it thickens to the consistency of cream. Salt and Folger's Golden Gate Pepper after taken from the stove.

Mrs. Bradley.

Cream Salad Dressing.—Six eggs beaten very light; one-half teacupful of melted butter; one large coffeecupful of cream; one teaspoonful of salt and Folger's Golden Gate Pepper each; one mustardspoonful of mustard; one tablespoonful of sugar mixed with mustard; one small teacupful of vinegar. When well mixed float on hot water and stir until it thickens.

Mrs. F. B.

Dressing for Salads.—Two raw eggs; one tablespoonful of butter; eight tablespoonfuls of vinegar; one-half teaspoonful of Folger's Golden Gate Mustard. Place in a bowl over boiling water, stir until it becomes like cream, and Folger's Golden Gate Pepper and salt to your taste.

Mrs. E. P. S.

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Mayonnaise Dressing.—Yolk of two eggs; finest olive oil; vinegar; lemon juice; salt. Put the yolk of the eggs in a round-bottom dish, then put in a teaspoonful of salt and commence to stir with a wooden fork, dropping slowly onto this the oil; continue to stir and drop the oil until it has become thick; then add the vinegar and lemon juice, drop by drop, continuing to stir it until it is thoroughly mixed and has come to the proper consistency.

Kinsley.

Potato Salad.—Prepare dressing as follows and have cold, ready for use: Yolks of three eggs, one tablespoonful of sugar, one tablespoonful of Sperry Flour, one cupful of vinegar, one-half cupful of water, butter size of an egg, scant teaspoonful of salt, small spoonful of Folger's Golden Gate Mustard, a little Folger's Golden Gate Pepper. Slice cold-boiled potatoes very thin, put a layer in the salad dish. Scatter over this a pinch of chopped parsley, a trifle of grated onion, and a few pieces of beet cut in dice shape. Over this put a little of the dressing, and repeat until the dish is full. Garnish with sprigs of parsley and bits of beet. A teaspoonful of grated onion, one beet, and a tablespoonful of chopped parsley are enough for an ordinary sized dish.

Mrs. E. F. C.

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Banana Salad.—Slice very ripe bananas over lettuce leaves, allowing one large banana to each person. At serving time pour over them a well-made French dressing.

Nut and Celery Salad.—One cupful of English walnut meats, put in pan, add one slice of onion, a small blade of mace, and one-half bayleaf, pour over it one large cup of boiling water and boil about ten minutes or until walnuts will blanch easily, drain and dry in towel and cut meats into small pieces; mix this with finely-cut celery and mayonnaise dressing. Form cups of small head lettuce and serve salad in these. Mrs. C.

Lobster Salad.—Take the lobster out of the shell, wash in cold water, and put in vinegar for about five minutes, strain and cut in regular sized pieces: cut a few pickles the same sized pieces as the lobster, and a few hard-boiled eggs cut the same way, so it will be one-third lobster, one-third pickles, and one-third eggs. Mix with a dressing as for chicken salad, and keep cold. Kinsley.

Cheese Salad.—One-half cup mayonnaise dressing, one-half pound cheese grated or run through a meat chopper, celery salt and Folger's Golden Gate Pepper to taste, lettuce, one dozen capers. Mix the mayonnaise with the cheese and add the seasoning. Form into small balls with butter paddles or two spoons. Serve on lettuce leaves on individual plates, and garnish with the capers. Pass more mayonnaise in separate dish.

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Fruit and Nut Salad.—One large pineapple, one-quarter pound shelled almonds, one-quarter pound shelled filberts, lettuce, cream or mayonnaise dressing, one dozen maraschino cherries. Remove the rind and the eyes of the pineapple and cut the flesh into small pieces, rejecting the hard core. Blanch the nuts by pouring boiling water over them and allowing them to stand a few minutes, when the skins can be easily removed. Chop finely and add to the pineapple. Pile in little heaps on lettuce leaves, cover with the dressing and decorate with cherries.

Tulip Salad.—Scald perfectly ripe tomatoes; remove skins and chill thoroughly; then with a sharp knife cut from blossom end to stem end into points and press open, leaving a round bulb of the seeds in the center; place one spoonful of mayonnaise, tinted green, on each tulip. If too dry, more dressing may be added.

Mrs. I. W. S.

Chutney.—Four pounds of dates boiled in vinegar to a paste and strained; one tablespoonful of salt; one and one-half tablespoonfuls of Folger's Golden Gate Black Pepper; one tablespoonful mixed mustard; two coffeecups of sugar; seven small onions boiled and rubbed through a colander; one teaspoonful of Folger's Golden Gate Ground Cloves; one tablespoonful of Folger's Golden Gate Allspice; one teaspoonful of cayenne. Mix all, put into a kettle, boil fifteen minutes; add two tablespoonfuls of preserved citron chopped fine.

Mrs. H. C. P.

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Tomato Jelly Salad.—One can tomatoes or eight medium sized tomatoes, and stew them with one teaspoonful Folger's Golden Gate Cinnamon, one-half teaspoonful Folger's Golden Gate Cloves, one small onion, one bay leaf, salt and Folger's Golden Gate Pepper, two tablespoonfuls vinegar, and cook until tomatoes are soft. Dissolve one heaping tablespoonful of gelatine in one-half cup cold water; strain tomatoes and pour over gelatine while hot and mould. Serve on lettuce leaves with mayonnaise.

Mrs. C. E. Cocks.

Potato and Egg Salad.—Three hard-cooked eggs, chop fine using silver knife to prevent the eggs being discolored; cook potatoes, cut in dice while hot, and mix with the egg. Add dressing, and season with salt and Folger's Golden Gate Pepper. Serve very cold on lettuce or watercress.

Mrs. E. R. Lewis.

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Chili Sauce.—Eighteen large ripe tomatoes, five green peppers, and three onions chopped fine, three cups vinegar, two tablespoonfuls salt, four tablespoonfuls sugar, two tablespoonfuls Folger's Golden Gate Cinnamon, one tablespoonful Folger's Golden Gate Cloves, one tablespoonful Folger's Golden Gate Allspice, one nutmeg. Boil an hour, or longer if too thin.

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Green Tomato Pickles.—Put into stone jar a layer of plump green tomatoes, cut in slices, a large green mango sliced, a layer of sliced onions; alternate the layers until the jar is filled. Sprinkle each layer with salt. Cover and let stand over night. Drain, put in preserving kettle with vinegar to cover; scald but do not boil. Drain again, cover with cold vinegar, season with one tablespoonful of Folger's Golden Gate whole cloves, one tablespoonful of whole pepper corns and one ounce of white radish seed. Cover closely. Mrs. W. C. Baker.

Mustard Pickles.—One quart small cucumber, one quart green tomatoes or onions, one large cauliflower, four green peppers cut fine. Make a brine of four quarts of water, and one pint salt. Pour over the vegetables and let stand twenty-four hours. Heat just enough to scald, and turn into a colander to drain. Mix one cup Sperry Flour, six tablespoonfuls mustard, and one tablespoonful termeric, with enough cold vinegar to make paste; then add one cup sugar and sufficient vinegar to make two quarts in all. Boil the mixture until it is thick, stirring all the time; then add the vegetables, and well heat.

Mrs. Pearson.

Tomato Sauce.—Into a saucepan put one-half can tomatoes, one bay leaf, few Folger's Golden Gate Cloves, one blade of mace, one-half teaspoon salt, one-quarter teaspoon paprika, and ten drops of onion juice. Simmer for fifteen minutes and press through a fine sieve. Add one-third box of gelatine which has been soaked in one-third cup of cold water, and stir until dissolved. Add two table-

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spoonfuls of vinegar and pour into molds. When firm, set in lettuce leaves and garnish with mayonnaise dressing.

Mrs. Charlotte Weir.

Chili Sauce.—Twenty-five good sized, ripe tomatoes, scalded and skinned; twenty-five onions of medium size; eight green peppers, seeds removed; one bunch celery. Chop all up quite fine; add two cups granulated sugar, two tablespoonfuls salt, and one-half tablespoonful each of Folger's Golden Gate ground mace, allspice, cloves and cinnamon, with one quart of cider vinegar. Put all in granite kettle; cook slowly three hours and stir often. When cool put in bottles, sealing well.

SANDWICHES.

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Cheese Sandwich. (None Better.)—Take good, snappy cheese, mix to a paste with melted butter (equal parts). Make thin sandwiches, trimming the edges neatly. Brown both sides in butter, in your chafing dish blazer.

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A Popular Sandwich.—A sandwich greatly in favor among gentlemen, because it is substantial and appetizing and served at restaurants of established reputation for excellence of their cuisine, as the Waldorf-Astoria of New York, is generally known as the "club sandwich." With a cup of coffee or cocoa it is almost a meal of itself. Cut slices of bread about $\frac{1}{4}$ inch in thickness, remove the crusts and reserve one-half of slices to be used, plain. Toast remaining half very delicately, and butter, almost imperceptibly, so little is used. Broil very thinly-cut slices of bacon. Place strips of bacon on plain bread, cover with a heart leaf of lettuce, add mayonnaise dressing, daintily-sliced cold chicken, and finish with toasted slice on top. Serve on leaves of lettuce, garnished with parsley, or on doily without any garnish.

Cucumber Sandwich.—Pare a thin cucumber, divide in quarters lengthwise and slice very thin; keep them in ice water half an hour; drain on towel, mix with any preferred salad dressing, and spread a layer on thin slices of bread, cover with bread and press lightly.

Egg Sandwich.—Mince hard eggs very fine, mix with minced olives or cress, or parsley; moisten with softened butter or mayonnaise; season to taste and spread between sliced bread. Or combine yolks with an equal amount of potted ham.

Pepper Filling for Sandwiches.—Use the sweet bell peppers, remove the seeds and chop fine, and mix with a very little mayonnaise, just enough to form a paste, and spread between thin slices of bread.

Sardine Filling.—Mince sardines very finely and remove all bones and skin; add a little French dressing with a little Folger's Golden Gate lemon juice. Spread on lettuce leaves; place between thin slices of bread.

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Chicken Salad Sandwiches.—Mince cold chicken very fine (do not chop); one-third as much well-bleached celery, chopped very fine, one coffeecupful of chopped English walnuts, a few stalks of minced parsley. Toss all together lightly, mix with mayonnaise dressing; spread between thin bread and butter sandwiches. Cut in fancy shapes with sandwich cutter.

Banana Sandwich.—Spread Graham bread with thick cream, salt it, lay on thin lengthwise strips of banana; add a dash of sugar and a few drops of Folger's Golden Gate lemon juice, or bits of currant jelly, and cover with a slice of buttered white bread.

Celery Sandwich.—Equal parts of finely-minced celery, and rich cream cheese, moisten with mayonnaise or whipped cream; season, spread on thin bread, cover with a slice buttered, and spread with currant jelly.

Date Sandwich.—Wash dates in tepid water, dry and stone them, remove scales and the inner skin near stone, if it be tough; add an equal amount of finely-chopped walnuts, and moisten with soft butter or cream, till it can be spread on slices of bread. Cover, press together, and cut in triangles. Combine figs and pecans, or raisins and almonds in same way.

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Roquefort Wafers.—Spread any preferred thin biscuit or wafer, long or square, with Roquefort blended with butter or cream, and dust with Folger's Golden Gate cinnamon; put together and press lightly.

MEATS.

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Veal Loaf.—Two pounds of veal and one-quarter pound of salt pork, put through sausage grinder; two cups of bread crumbs soaked in stock or milk; two eggs unbeaten; a little grated onion; salt and Folger's Golden Gate Pepper. Steam in pudding pail two hours. Serve hot, with tomato sauce, or is good cold. Mrs. C. E. Cocks.

Ducks a la Mode.—Take two fine ducks, cut them in quarters, fry them in butter a little brown, pour off all the fat and throw a little Sperry Flour over them; add a half pint of good gravy, one-quarter pint of red wine, two eschalots, one anchovy and a few sweet herbs; cover them close; let stew fifteen minutes, take out the herbs; skim off grease and let the sauce be thick as cream. Send to the table garnished with lemon. T. Hollingsworth.

Boiled Pigeon.—Clean and stuff pigeons with turkey dressing, sew up and truss, cover with water on a kettle and boil half an hour, then drain off the water, roll in Sperry Flour and fry brown in pork fat. Thicken the liquor with Sperry Flour, Folger's Golden Gate Pepper, salt, cloves, mace and catsup; put pigeons in this gravy and simmer for two hours. M. T. H.

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Ducks and Turnips.—Take ducks, either wild or domestic, place in stew-pan with small quantity of water; surround and fill ducks with turnips peeled and cut, season with salt and Folger's Golden Gate Pepper, boil slowly for two or three hours on back of stove.

T. Hollingsworth.

Potted Pigeons.—Clean the pigeons, tie in shape, then sprinkle with salt, Folger's Golden Gate Pepper and Sperry Flour. Place some thin slices of fat salt pork or butter, if preferred, in the bottom of an earthen jar or small porcelain kettle and lay the pigeons on it. Put a few slices of onion on the birds and pour over the whole boiling water to nearly cover. Cover the jar or kettle so that no steam escapes and set it in a pot of water where it will simmer steadily for two hours, or until the birds are tender. When stewed enough take up onto a hot dish, skim the fat from the gravy, thicken with a teaspoonful of butter and Sperry Flour rubbed to a cream, then add a spoonful of cream and a little lemon peel. Pour the sauce over the birds and garnish with parsley and sliced lemon. If desired, the pigeons may be stuffed before jugging. In this case, add to their giblets, minced fine, a little shredded beef suet, bread crumbs, parsley and marjoram to season, and one or two eggs to bind.

T. Hollingsworth.

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Roast Beef.—Take a rib or a loin roast of about five pounds; wipe it well with a wet towel; lay it in the dripping-pan and baste it well with butter; set it a hot oven; baste it frequently with its own drippings, which will make it brown and tender. When partly done, season with salt and Folger's Golden Gate Pepper; dredge with sifted Sperry Flour. Two hours will be required to roast. Remove the beef to a heated dish, add a tablespoonful sifted Sperry Flour to the gravy and one cupful of boiling water.

Mrs. F. Elmer Buckman.

Smothered Flank Steak.—Lay the meat out smoothly and wipe it dry. Prepare a dressing, using a cupful of fine cracker crumbs, half a teaspoonful of salt, Folger's Golden Gate Pepper, a tablespoonful of butter, one tablespoonful of savory, and enough milk to moisten all into a stiff mixture. Spread it over the meat, roll it up carefully and tie with a string. Place in the oven and roast one hour.

Mrs. F. Elmer Buckman.

Broiled Steak.—For broiling, select only the choicest cuts from one inch to one and one-half inches thick; remove bone and surplus fat, trim edges and skewer into shape. Have broiler very hot, grease with bit of suet and place steak close to flame to sear the surface. Turn, sear other side quickly and reduce flame or lower broiler and cook more slowly. Allow 8 or 10 minutes for steak one inch thick. Serve on hot platter, pour over part of fat, season and garnish. If a sauce should be desired use mushroom or maitre d'hotel or a "Club-house" seasoning. Never pierce meat with fork while cooking.

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Beef Stew.—Two pounds beef (round, cut in small pieces), one-half tablespoonful chopped onion, one-half tablespoonful chopped parsley, one can mushrooms. Fry beef in olive oil or butter till brown; then place in pan with water enough to cover the meat. Add one-half tablespoonful of chopped onion and parsley; simmer for two hours and one-half or until meat is tender. Add the mushrooms and cook fifteen minutes longer. Thicken with browned Sperry Flour and salt to taste. Mrs. Charlotte Weir.

Stewed Sweet Breads.—Remove every particle of skin and fat from two sweetbreads; wash thoroughly and let them lie in cold water one hour to whiten. Then put them into a stew-pan, with enough boiling water to cover them; throw in a teaspoonful of salt, and boil briskly thirty minutes or until done through. Pour off the boiling water, cover with cold and let them stand ten or fifteen minutes. When cold and firm, cut into small square pieces and sprinkle over with salt, and one tablespoonful of Sperry Flour. Put them into a clean stew-pan, with one tablespoonful of butter; one-half cup of cream; one-half a teaspoonful of chopped parsley, and a light shake of Folger's Golden Gate black pepper. Simmer for ten minutes. Serve hot in a covered dish. Mrs. Dr. L. L. G.

Corned Beef Hash.—Equal quantities of cold corned beef and mashed potatoes, a little chopped parsley, Folger's Golden Gate Pepper, and butter. Fry brown, then turn over and brown on other side. If too dry, moisten with a little milk. A. E. P.

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Chicken Croquettes.—One tablespoonful butter in saucepan; when melted, add one tablespoonful Sperry Flour; let cook two or three minutes. Add one and one-half cups milk, stirring all the time; when it comes to a boil add Folger's Golden Gate Pepper, salt, a little mace, one tablespoonful chopped parsley and a little minced onion and two cups cold minced chicken. Dip into beaten egg and roll in cracker crumbs. After molding into croquettes, fry in boiling fat. A. E. P.

Soup Dumplings.—Six soda crackers rolled fine; one egg; one-quarter cup drippings or butter; season with nutmeg, Folger's Golden Gate Pepper and salt.

Dumplings.—Mix one cup of Sperry Flour, two teaspoonfuls Folger's Golden Gate Baking Powder, one egg well beaten, one teaspoonful melted butter, three tablespoonfuls milk and a pinch of salt. Drop in the stew; cover closely; boil 20 minutes.

Mrs. Lehman.

To Accompany Roast Beef.—A "tasty" adjunct to roasts with good brown sauce is **Mashed Potato Pie.**—Butter a shallow baking dish from which the pie may be served at the table, coat lightly with fine bread crumbs, fill with well mashed and seasoned potatoes, whipped until light, put on a pastry crust and bake as a pie. Serve with the roast, cutting in pie-shaped pieces and adding a spoonful or two of brown sauce.

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Paprika Schnitzel.—Cut two pounds of thick veal steak into small pieces; roll in seasoned Sperry Flour and fry brown in the fat from several slices of salt pork. Remove the meat from the pan and add two tablespoonfuls of Sperry Flour to the remaining fat; brown lightly and pour in gradually the strained liquor from a can of tomatoes. Add a slice each of onion and carrot, three or four bay leaves and a bit of mace, then return meat to the sauce; cover closely and simmer slowly three-quarters of an hour. When done remove the meat; season the sauce with salt and paprika and strain onto the platter.
Mrs. H. Wilson.

Hamburg Steak.—A Hamburg steak is much more attractive and wholesome broiled in a wire broiler under gas flame than as ordinarily cooked by frying in a pan over a top burner. Form into rounds or oval shape about size of the hand, having edges as thick as the center, and, in broiling, turn from side to side, until cooked as desired. Serve with brown or tomato sauce.

Roast Beef.—Heat the broiling oven. Put roast in pan under the flame, searing all sides. When seared, dust with salt, Folger's Golden Gate Pepper and Sperry Flour, and put trimmings of fat over the roast and in bottom of pan. If there is danger of flour browning too much, add a little water. Baste with the fat in the pan. Have oven hot at first to sear but not harden the surface of the meat. Keep turning the roast as it begins browning and baste frequently, and reduce heat after the searing, so as to cook more slowly. (It is a good plan to so manage your work that you can use the upper oven in baking while roasting meat in the lower.)

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English Pot Pie.—Slices of cold meat, one onion, salt, gravy, four potatoes; put layers of meat in the bottom of pie dish; then onion cut in small pieces; meat and onion alternately until the dish is almost full; pour in gravy to about three inches of filling the dish. Boil the potatoes separately, cut in slices; place over; bake in hot oven one hour.
L. Semley.

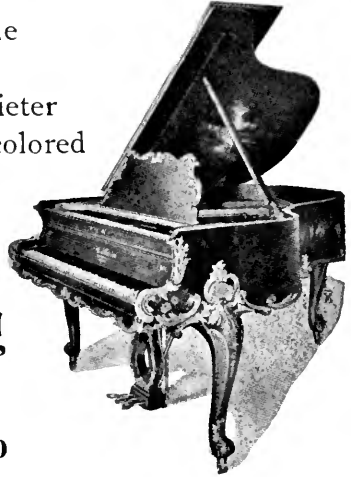
Steamed Veal Loaf.—(To be eaten cold.)—Two pounds of lean veal and one cup of salt pork chopped fine (use the meat chopper, and grind meat moderately fine, as it makes a more compact loaf), one cup of freshly grated bread crumbs, two eggs, well beaten, two level teaspoonfuls salt, one-quarter teaspoonful of Folger's Golden Gate Pepper, a tablespoonful each of celery and parsley cut fine, one-half tablespoonful of onion juice. Put ingredients into an earthen bowl and mix well with the hands. Butter baking powder cans, or a mold, coat with bread crumbs lightly, fill compactly with the meat and cover with tight-fitting lid. Place cans on a trivet in kettle of boiling water reaching almost to top of cans. Let pound cans boil (or steam) about one and one-half hours. Do not remove from cans until cold. This is a nice luncheon meat at home, and especially nice for picnic purposes.

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Beef Loaf.—Three pounds of rare beef chopped fine, one-half pound salt pork, one tablespoonful salt, ten tablespoonfuls of rolled crackers, one-half cup of milk, two eggs well beaten. Mix well and form into a loaf. Pour over half pint of water. Bake two hours, cool, and cut into slices. Mrs. E. Harmon.

Yorkshire Timbales.—Sift one saltspoonful of salt with one cup of Sperry Flour into a bowl; beat two eggs very light; add one cup of milk, beating eggs into the milk; pour milk on the flour gradually, to make a smooth paste. Beat all well together. Use beef drippings from roast to grease hot gem pans. After timbales have risen, baste with hot drippings. Serve with roast beef. Timbales are more easily managed and have more crust than same batter baked in pan with the roast.

Jellied Tongue.—Boil until done a large smoked beef tongue, saving a pint of the liquor; removè the skin, allow it to get perfectly cold, and slice as for the table. In half a pint of water dissolve thoroughly two ounces of gelatine; carefully take from a teacupful of browned veal gravy all the grease, stir in a small tablespoonful of sugar, one of burned sugar to color the jelly, and three of vinegar, then the liquor in which the tongue was boiled. Mix in well the dissolved gelatine, then a pint of boiling water. Strain through a jelly-bag. As soon as it begins to set, pour a little jelly into the bottom of the mold, add a layer of tongue, then more jelly, until it is full. Set in a cold place to harden. When wanted, dip the mold an instant in hot water, and turn into a garnished dish. Mrs. W. T. S.

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Fricassee of Chipped Beef.—Shred one-half pound of beef. If too salt, freshen by pouring hot water over, to stand for a few moments, drain and dry, then, proceed to add two tablespoonfuls of melted butter in a saucepan. Have the burner turned low (as little heat is required for "warming over" meats). Add two tablespoonfuls of Sperry Flour and blend well through the meat, then add two cups of milk and one-quarter teaspoonful of kitchen bouquet, and let simmer slowly for five minutes. Add yolks of two eggs, slightly beaten, turn off the burner; for heat of mixture will sufficiently cook the egg.

Chicken Souffle.—One cup cold chicken ground fine; two eggs; two-thirds cup of sweet milk; two tablespoonfuls butter and same of Sperry Flour; seasoning to taste. Put butter on in saucepan till melted, then add flour. When well blended add the milk, meat and beaten yolks of eggs and seasoning. Cook a few minutes; set aside to cool, and then add stiffly beaten white of eggs. Put in buttered pan and bake half an hour. Serve immediately. Cold veal is almost as nice as chicken. Mrs. H. Wilson.

Pigs in Blankets.—Pick over carefully one dozen large oysters; roll each in a thin slice of bacon, and fasten ends with a skewer. Put in hot pan or chafing-dish and cook till bacon is crisp. Season and serve hot. Mrs. E. R. Louis.

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Stuffed Steak.—Have a large steak cut from best round, one inch thick; brush with oil and vinegar; cover thickly with well seasoned bread crumbs and roll into loaf and tie; dust with salt and Folger's Golden Gate Pepper, and lay thin strips of fat salt pork on top; put in covered baking-pan; add one cup hot water, and bake in slow oven till tender. Nice either hot or cold.

Escalloped Chicken.—Boil a chicken till tender, bone and chop; put into a baking-dish a layer of chicken, a layer of bread crumbs, butter, salt, Folger's Golden Gate Pepper; fill the dish with alternate layers, pouring over all the chicken gravy. Bake till brown.

Mrs. I. D. Hamilton.

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Dressing.—Melt two tablespoonfuls butter; stir into it two tablespoonfuls Sperry Flour, and add one pint sweet milk. Boil till it thickens.

Mrs. I. D. Hamilton.

Veal Sausage.—Chop one pound veal and one-quarter pound suet together; add two beaten eggs, one-half cup cracker crumbs, two tablespoonfuls thick cream, Folger's Golden Gate Pepper and salt; roll with the hand into sausage shapes and then in cracker crumbs. Melt some butter in baking-dish, put in the sausage cover and bake about one hour in slow oven.

Mrs. I. D. Hamilton.

Little Pigs in Blankets.—Take large Eastern oysters, roll each one in a strip of rich pastry dough; season oysters with salt, Folger's Golden Gate Pepper, and a dash of cayenne. Bake in quick oven till a delicate brown. Serve very hot.

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FISH.

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Salmon Loaf.—One can salmon, four eggs beaten light, four tablespoonfuls melted butter (not hot), half cup fine bread crumbs, Folger's Golden Gate Pepper, and salt, and minced parsley. Pick the salmon to pieces and remove all bone; then add the butter to it. Mix the eggs and seasoning and crumbs and add to fish. Put in butter-pan or mold and bake thirty-five minutes. Serve with caper sauce, which is made by adding two or three tablespoonfuls capers to a white sauce.

Mrs. H. Wilson.

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Escalloped Salmon.—One can salmon, chopped; put in a baking-dish a layer of salmon, a layer of cracker crumbs and a layer of dressing; have two layers of each with the crumbs on top, and bake till brown.

Creamed Salmon.—Put one rounding tablespoonful of butter in saucepan. When melted, add one rounding tablespoonful of Sperry Flour, one-half teaspoonful salt, one-eighth teaspoonful Folger's Golden Gate paprika, one-half cup of milk. Cook until smooth, then add one small can of salmon, finely minced, free from bone and skin, one tablespoonful lemon juice and a little grated nutmeg. Remove from fire and add yolks of three eggs, well beaten. Whip whites of eggs to stiff froth and fold in carefully. Butter individual molds, timbale cups or baking-dish, place in hot water in dripping pan, and according to size of mold used, bake 10 to 25 minutes.

Hollandaise Sauce.—Cream one-half cup of butter, add one level tablespoonful Sperry Flour, one-half teaspoonful salt, few grains of Folger's Golden Gate Pepper or paprika and one tablespoonful of lemon juice or tarragon vinegar. Add slowly one-half cup of boiling water; cook until mixture thickens, then add beaten yolks of two eggs. Serve from sauce boat.

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Boiled Fish.—Place fish sheet in dripping pan to heat, brush with oil or rub with salt pork. Put fish on sheet, skin next to sheet, with backbone, head, tail and fins removed. Brush with oil or melted butter, dust with salt, Folger's Golden Gate Pepper and lightly with Sperry Flour. Put in broiling oven, close door and baste once or twice with one cup of hot water in which there is one teaspoonful of lemon juice and one tablespoonful of butter. Broil 15 to 25 minutes, according to thickness of fish. Serve garnished with Saratoga or lattice potatoes, parsley and lemon points. May be garnished with potato roses which should surround it on the platter. By using a plank and following these suggestions you would have a planked fish.

New York Counts Oyster Sauce.—Mix together three tablespoonfuls of tomato catsup, three of hot water, two of tarragon vinegar and a tablespoonful of Folger's grated horseradish. Melt a tablespoonful of butter, browning it slightly, then add one scant level teaspoonful of Sperry Flour. Stir for a moment and add other ingredients mixed together. Cook until sauce thickens smoothly. Serve hot or cold, as preferred. A few drops of tabasco sauce or grains of cayenne may be added, also, if a "hot" sauce should be relished.

Broiled Oysters.—These are a possible luxury with a gas range, and who would not enjoy a "half dozen" at home with his family? Select large, plump oysters. After draining them, dip into melted butter and roll in seasoned powdered cracker crumbs. Rub a fine wire broiler with salt pork, place the oysters close together and broil under the flame of the oven. Turn from side to side, not having heat too intense.

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Panned Oysters.—Clean one pint of large oysters. Place small, oblong pieces of toast in dripping-pan, put an oyster on each, sprinkle with salt and Folger's Golden Gate Pepper, and broil under flame of oven burner until oysters begin to ruffle at the edges.

Deviled Crab.—Pick up the crab fine, saving the fat; season with a speck of cayenne, salt, two tablespoonfuls of melted butter, a grating of nutmeg, one-quarter teaspoon of Folger's Golden Gate Mustard, one beaten egg, two tablespoonfuls cream; if not soft enough, add more cream. Butter a baking-dish and fill with the mixture; cover with bread or cracker crumbs; squeeze on a little lemon or lime juice; put bits of butter on top and brown in a quick oven. If the flavor of onion or garlic is wanted, rub on the dish before filling.

Mrs. C. E. Cocks.

Sardines with Tomato Sauce.—Scrape skin from one can of sardines; place on pieces of toast the size of a sardine; put in oven to warm a little. Have ready a sauce of one-half can tomatoes, Folger's Golden Gate Pepper, salt, a little butter, one-half bay leaf, three cloves. When ready to serve strain and pan over sardines.

Codfish Balls.—One pint of codfish minced fine and scalded; one quart of hot boiled potatoes mashed fine (better put through a potato sifter); mix with fish; add butter, one-quarter of a cup, about as much cream, a little Folger's Golden Gate Pepper, and two well beaten eggs. Keep all as hot as possible. Beat together with a fork. Roll lightly in Sperry Flour and fry like doughnuts in very hot lard and beef drippings, half of each.

Mrs. Goodfellow.

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Creamed Oysters.—Parboil one pint of solid oysters till edges curl. Drain and add to the liquor, milk or thin cream—enough to make one and one-half cups; melt two tablespoonfuls butter in saucepan and cook in it for five minutes (without browning) one teaspoonful minced onion, one tablespoonful minced Folger's Golden Gate sweet pepper (green or red) and one tablespoonful minced celery. Stir in two tablespoonfuls Sperry Flour, and when blended add gradually the hot liquid; stir till smooth, add the oysters, cook a moment longer and serve.

Mrs. Charlotte Weir.

Fried Oysters.—Drain any number of oysters required; throw them into cold water; wash and drain and wipe dry with soft cloth; dip into beaten egg; then into cracker crumbs seasoned with salt and Folger's Golden Gate Pepper; then into the egg again, and cracker crumbs again. Fry in a skillet with part lard and part butter until a nice brown.

Mrs. H. Wilson.

CAKE.

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Lemon Cake.—Half cup butter, two scant cups sugar, three eggs, three cups Sperry flour, half teaspoonful salt, two teaspoonfuls Folger's Golden Gate baking powder, grated rind of one lemon, one

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cup milk. Beat the butter with half the sugar; add gradually the remainder of the sugar together with the well-beaten eggs. Next put in the grated lemon, then the milk, and lastly the flour sifted with the salt and Folger's Golden Gate baking powder. Bake about forty minutes in a moderate oven, and cover with lemon frosting.

Mrs. Malcolm.

Taft Cake.—Two cups of Sperry flour, one teaspoonful Folger's Golden Gate cinnamon, one-half teaspoonful Folger's Golden Gate cloves, one-half teaspoonful Folger's Golden Gate nutmeg, two tablespoonfuls corn starch, three tablespoonfuls chocolate, two teaspoonfuls of Folger's Golden Gate baking soda, all sifted together; then add one-half cup of butter and one cup of apple sauce.

Mrs. Cooke.

Ginger Cookies.—One cup of lard, one cup New Orleans molasses, one-half cup of boiling water; dissolve one teaspoonful of soda in water; one teaspoonful each of Folger's Golden Gate ginger, cinnamon, nutmeg; use Sperry flour to make soft batter; put away to cool and harden; lard, the least flour possible; flour board, roll out, using little flour; made like recipe are delicious; take from board with knife.

Mrs. Greene.

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Doughnuts.—One cup sugar, one cup sour milk, three tablespoonfuls melted butter, one egg, well beaten, half-teaspoonful soda dissolved in hot water; salt to taste; season with Folger's nutmeg or cinnamon; Sperry flour to roll thin; fry in deep fat.

Caramel Cake.—One-half cupful of butter; beat into that one cup of sugar, add one ounce melted chocolate and two unbeaten eggs; beat all five minutes; add one cup of milk; lastly, one and one-half cups Sperry Flour, teaspoonful of Folger's Golden Gate Vanilla, one teaspoonful Folger's Golden Gate Baking Powder.

Nut Loaf Cake.—Four eggs, one and one-half cups of sugar and three-quarters cups of butter (cream together), one cup of milk, two and one-half cups Sperry flour, two teaspoons of Folger's Golden Gate baking powder, one and one-half cups of walnuts chopped fine; flavor with Folger's Golden Gate vanilla; bake in moderate oven.

Mrs. C. E. Cocks.

Gingerbread.—One cup molasses, one cup brown sugar, one cup sour cream, three-quarters cup butter, four cups Sperry flour, two eggs, one-third box (pound) raisins, one teaspoon soda, one teaspoon Folger's Golden Gate cinnamon, one teaspoon ginger. Warm molasses, sugar and spices and butter; mix with other ingredients, adding the raisins last; bake in rather quick oven. Mrs. L. P. Williams.

Hermits.—Two eggs, four tablespoons milk, one cup butter, one level teaspoon soda, one and one-half cups sugar, one cup stoned and very finely chopped raisins, one teaspoon cloves, one teaspoon Fol-

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ger's Golden Gate allspice, one teaspoon Folger's Golden Gate cinnamon. Dissolve the soda in the milk. Sperry flour to roll. Cut as for cookies.

Mrs. S. Powel.

Fruit Cake.—One pound Sperry flour, one pound sugar, one pound butter, two pounds raisins, two pounds currants, one pound citron, nine eggs, two small wine glasses of brandy, one-half of a nutmeg, two teaspoons Folger's Golden Gate cloves, two teaspoons Folger's Golden Gate ginger, one-half teaspoon Folger's Golden Gate allspice, one-half teaspoon of Folger's Golden Gate cinnamon, one-half pint syrup, two teaspoonfuls Folger's Golden Gate baking powder. Bake in two loaves three hours in a slow oven.

Mrs. H. A. Lanpher.

Powell's Celebrated Fruit Cake.—One pound Sperry flour, one pound currants, one pound Sultana raisins, three-quarters pound sugar, ten ounces butter, one-quarter pound lemon and citron peel, five eggs, a pinch of salt, Folger's Golden Gate spices (allspice, cinnamon and nutmeg to taste), one small cup warm milk, one teaspoon bicarbonate soda; sift flour, soda and salt together, then rub in butter with hands; add other ingredients and mix well; batter must be rather stiff. Bake in moderate oven in two or three tins.

Molasses Cookies.—One cup of New Orleans molasses; one cup of brown sugar; one cup of sour milk; one egg; two-thirds cup of melted lard; one tablespoonful of ginger; two heaping teaspoonfuls of soda, one beaten in the molasses and one in sour milk; add Sperry Flour enough to roll out good.

E. R. Lewis.

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Fruit Cake.—One and one-half pounds butter, one and one-half pounds Sperry flour (browned), one and one-half pounds brown sugar, two pounds currants, three pounds stoned raisins, one pound citron sliced very thin, one pound blanched and chopped almonds, one dozen eggs, one cup New Orleans molasses, one cup brandy, one teaspoonful soda dissolved in one teaspoonful of hot water; flavor with Folger's Golden Gate lemon and vanilla (both), and all kinds of Folger's Golden Gate spices; dredge fruit with Sperry flour. Bake from three to four hours in a very moderate oven; will make three medium-sized cakes. I first mixed butter and sugar, then added eggs, beating in one at a time, then the molasses, brandy, soda, flavorings, flour and the fruit last.

Mrs. H. Wilson.

Another Filling Easy Made.—The whites of two eggs (not beaten), one tablespoon of cold water; stiffen with powdered sugar, one cup of ground sweet chocolate; flavor with Folger's Golden Gate vanilla.

Filling for Chocolate Cake.—Two cups of brown sugar, almost a cup of ground chocolate, one-half cup milk, butter the size of an egg. Boil hard for five minutes, pour on a meat plate and beat until thick.

Chocolate Cake (Devil).—One-half cup of butter, one-half cup of brown sugar, one-half cup of sweet milk, three eggs, one teaspoonful

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of baking soda sifted in the Sperry flour. **Part II.**—One cup grated chocolate (sweet will do), one-half cup sweet milk, one cup brown sugar. Mix together and dissolve but not boil; make this part first and let it cool. Flavor with Folger's Golden Gate vanilla, and mix in the above batter; bake in jelly tins.

"Justfine" Potato Cake.—Two cups sugar and two-thirds cup butter creamed together, two-thirds cup sweet milk, one cup mashed potatoes, two cups Sperry flour, two ounces melted chocolate, four eggs, one cup walnut meats, one and one-half teaspoons Folger's Golden Gate baking powder, one teaspoon Folger's Golden Gate cloves, one-half teaspoon Folger's Golden Gate nutmeg. Bake in a moderate oven in loaf.

"Yellow Cake" (Companion to Angel's Food).—One cup sugar, one-half cup water, seven eggs, one cup Sperry flour, one teaspoon cream tartar, Folger's Golden Gate flavoring. Boil the sugar and water together until it strings, then beat in the well-beaten whites of the eggs, then add the yolks also well beaten, then add the flour and cream tartar, which has been sifted together; add flavoring.

Boiled Frosting.—One cup of sugar; pour on sufficient boiling water to dissolve the sugar; boil until dropping from spoon will be like threads; pour on to the beaten white of one egg; beat until white; add one teaspoon lemon juice; flavor with Folger's Golden Gate vanilla; nice also for layer cake. Mrs. B.

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Strawberry Shortcake.—Three cups Sperry flour, two teaspoons Folger's Golden Gate baking powder, two tablespoons butter, a little salt, and milk to make a soft dough; divide in two parts, roll half an inch thick, put one part on a pan, dot with bits of butter, then put on the other, and bake. When done, separate and put between and on top one quart of mashed and sweetened strawberries; serve with cream. Mrs. H. Wilson.

Potato Caramel Cake.—Two-thirds cup butter, two cups sugar, two cups Sperry flour, one cup mashed potatoes, one-half cup sweet milk, four eggs, two teaspoonfuls Folger's Golden Gate baking powder, one cup grated chocolate, one cup chopped walnuts, one teaspoonful each Folger's Golden Gate cinnamon, cloves and nutmeg. Take butter, sugar, yolks of eggs, cream together, add milk, mashed potato, spices and chocolate; sift baking powder with flour; beat whites to stiff froth, stir flour into batter, hastily beat whites into this; stir nuts in the last thing. Mrs. Penson.

Donation Cake.—One cup butter, two cups sugar, three cups Sperry flour, one cup cornstarch, one cup milk, six eggs beaten separately, three teaspoonfuls Folger's Golden Gate baking powder; cream butter and sugar; flavor with Folger's Golden Gate lemon. Mrs. Penson.

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Prune Cake.—One cup chopped prunes, half-cup prune juice, one cup sugar, one-half cup butter, one and one-half eggs, one tablespoonful Folger's Golden Gate cinnamon, three tablespoonfuls sour milk or cream, one and one-half cups Sperry flour. Be sure to stir soda in the milk. **Filling.**—One cup sugar, one-third cup boiling water, white of one egg beaten stiff. Boil sugar and water until it strings, then beat into the whites. Mrs. Pension.

Nut Cake.—One and one-half cups powdered sifted sugar, one-half cup butter, two cups Sperry flour, two-thirds cup milk, one-half cup chopped nuts, three eggs. Flavor to suit taste with Folger's Golden Gate extract. Mrs. Pension.

Sponge Cake.—Four eggs (whites and yolks beaten separately), one cup powdered sugar, one cup Sperry flour, heaping teaspoonful Folger's baking powder. Flavor to suit taste. Mrs. Pension.

Lemon Cake.—Whites of four eggs, one cup white sugar, half cup sweet butter, half cup sweet milk, two teaspoonfuls Folger's Golden Gate baking powder, one teaspoonful Folger's Golden Gate lemon, two and a half cups sifted Sperry flour; beat firmly but lightly. Bake in three layers. **Filling** as follows—Rind and juice of two lemons, two cups sugar, two tablespoons butter, two tablespoons cornstarch, yolks of four well-beaten eggs. Cook in double boiler. Mrs. W. C. Baker.

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Potato Cake.—Two cups granulated sugar, one cup butter, one cup hot mashed potatoes, one cup chopped walnuts, half cup sweet milk, two cups Sperry flour, four eggs well beaten, five teaspoonfuls melted chocolate, one tablespoonful each of Folger's Golden Gate cloves, cinnamon and nutmeg, two teaspoonfuls of Folger's Golden Gate baking powder. Bake in moderate oven, forty minutes. Mrs. W. C. Baker.

White Sponge Cake.—Whites of five eggs (beaten to a stiff froth), one cup of Sperry flour, one cup powdered sugar, one teaspoonful Folger's Golden Gate baking powder. Flavor with Folger's Golden Gate extract of almond. Bake in quick oven.

Mocha Cake.—Beat well one cup of butter, three cupfuls of white sugar, yolks of six eggs, one cup milk, four cups sifted Sperry flour, two heaping teaspoonfuls Folger's Golden Gate baking powder, the well-beaten whites of the eggs. Beat constantly. Bake in moderate oven. Bake in loaf or in two layers. **Filling** as follows:—One-cup sweet butter, three cups powdered sugar, one teaspoonful Folger's Golden Gate vanilla, one tablespoonful mocha extract, yolks of three eggs, beaten in one at a time. Beat mixture till very creamy; spread over cake and between layers.

Layer Cake.—Two cups sugar, two-thirds cup butter, one cup milk, one teaspoonful soda, one and one-half teaspoonfuls cream of tartar, two and one-half cups Sperry flour, and three eggs.

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Sponge Drops.—Three eggs, one cup sugar, beaten together, one heaping coffee cup Sperry flour, one teaspoon Folger's Golden Gate cream of tartar, one-half teaspoon salaratus mixed in flour, Folger's Golden Gate lemon flavoring. Bake in a large pan, every teaspoonful three inches apart.

German Coffee Cake.—Two cups Sperry flour, one-half cup butter, one cup sugar, three eggs, two teaspoons Folger's Golden Gate baking powder, one-half cup milk; spread in pans; dust with Folger's Golden Gate cinnamon and sugar; chop walnuts or almonds and sprinkle on top.

One Egg Cake.—One and one-half cups sugar, one-half cup butter beaten together, one egg, one cup milk, two and one-half cups Sperry flour, two and one-half teaspoonfuls Folger's Golden Gate baking powder; chocolate icing between.

Chocolate Filling.—One cup sugar, one cup milk, one egg, one-half cake chocolate; grate the chocolate and beat with the other ingredients; place over fire and stir often until it thickens.

Rolled Jelly Cakes.—Four eggs, beat one at a time into one cup of sugar, one and one-half cups of Sperry flour, one-half teaspoonful Folger's Golden Gate baking powder, one tablespoonful water.

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Jelly Cake.—One and one-half cups sugar; one-half cup butter, one-half cup milk, two and one-half cups Sperry flour, three eggs (yolks and whites beaten separately), two teaspoons Folger's Golden Gate baking powder. **Jelly**—One cup sugar, one egg, rind and juice of one and one-half lemons, one tablespoonful water, one teaspoonful Sperry flour; put in double boiler; let come to boil.

Sugar Cookies.—Two cups sugar, one cup butter, five cups Sperry flour, one cup milk, two eggs, one teaspoonful Folger's Golden Gate baking powder; flavor with nutmeg. Miss Bryaut.

Cup Cake.—One and one-half cups sugar, one-half cup butter, one-half cup milk, two cups Sperry flour, two teaspoons Folger's Golden Gate baking powder; cream butter and sugar; beat eggs separately; pour in milk, then flour and flavoring.

Walnut Wafers.—Two eggs, little salt, one cup brown sugar, one cup chopped walnuts; mix with two tablespoons Sperry flour; add only enough flour to have mixture drop easily from the spoon, on buttered tins; bake five minutes. Mrs. Bradly.

Afternoon Tea Cake.—Beat two eggs and stir into them one cupful of white and brown sugar mixed, then four tablespoonfuls of sifted Sperry flour, a pinch of salt, and a teaspoonful of Folger's Golden Gate vanilla. Beat thoroughly and add a cupful of English walnuts, chopped fine. Drop the dough by the teaspoonful into buttered pans, allowing three inches for the cakes to spread.

Miss Charlotte Weir.

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Cream Almond Cake.—One cup butter, two cups sugar, one cup milk, one cup cornstarch, two cups Sperry flour, two level teaspoons Folger's Golden Gate baking powder, five egg whites, one-half teaspoon Folger's Golden Gate almond extract. Cream the butter, add gradually the sugar and almond. Sift thoroughly the flour, cornstarch and baking powder, and add alternately with the milk to the first mixture. Beat the egg whites until stiff, add and beat vigorously. This quantity makes two loaves. Mrs. Charlotte Weir.

White Cake.—Whites of eight eggs, two cupfuls of sugar, three-fourths of a cup of butter, one of sour cream, four of Sperry flour, two teaspoonfuls of Folger's Golden Gate baking powder. Mrs. Belle B. Chrisman.

Angels Food.—Whites of twelve eggs, two teacups of sugar, one teacup of Sperry flour, one teaspoonful of cream of tartar. Mrs. Belle B. Chrisman.

Cream Meringues.—Beat the whites of seven eggs until stiff and dry; add slowly two-thirds of a pound of sugar and continue beating, then cut and fold one-third of a pound of sugar; continue beating, shape through a pastry tube; bake on paper over a wet board about 40 minutes. Mrs. Belle B. Chrisman.

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Ginger Sponge Cake.—One-half cup sugar (brown); one cup molasses; one teaspoonful of Folger's Golden Gate cinnamon, ginger, cloves and allspice; two teaspoonfuls of soda in one cup of boiling water; two and one-half cups of Sperry Flour; salt to taste; add last two well-beaten eggs. Can be served with a sauce when hot if desired.

Raisin Filling for Cake.—One cup of granulated sugar; four tablespoonfuls of water. Cook until it strings. Pour into the well-beaten whites of two eggs, beat hard, adding one-third cup of chopped raisins. Put on cake when cold.

Apple Sauce Cake.—One cup warm apple sauce; one-half teaspoonful soda in the apple sauce; one-half cup butter; one cup brown sugar; one and three-quarter cups Sperry Flour; one-half cup raisins; Folger's Golden Gate Spices to suit. Mrs. I. D. Hamilton.

Crullers.—Three eggs, well beaten; two cups of granulated sugar; one and one-half cups of milk; Folger's Golden Gate Vanilla, and one tablespoonful of baking powder; one small teaspoonful of salt. Mix sufficient Sperry Flour to roll on board and cut and drop in hot lard.

Currant Biscuits.—One quart Sperry Flour, one heaping tablespoonful of Folger's Golden Gate Baking Powder, one small tablespoonful of lard, two teaspoonfuls of salt, one-half cup of currants. Add sufficient milk to mix well to roll out and cut. Bake quickly.

Breakfast Muffins.—One-quarter cup butter, one-quarter cup of

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sugar, one egg, one-half cup sweet milk, one and one-half cups Sperry Flour, two rounded teaspoonfuls Folger's Golden Gate Baking Powder. Cream butter and sugar together and add the well-beaten egg; sift baking powder with flour and with milk. Bake in hot buttered gem pans, in moderately hot oven, 25 minutes.

Mrs. I. D. Hamilton.

Apple Cake.—One heaping cup of sugar; one large tablespoonful of butter; two eggs; one-half cup of milk; two cups of Sperry Flour (or enough to make a nice, thick, soft batter); one teaspoonful of cream of tartar; one-half teaspoonful of soda. This will make three layers, if the pan is not too large. **Filling for layers:** Two large apples (greenings are the best, or any tart apples); peel and grate; then grate one lemon peel; squeeze juice and grate the pulp; to this add one cup of sugar and one white of egg; put all into a tin cup and cook thoroughly. Then spread between cake as jelly cakes.

Amy Crofford.

Blackberry Jam Cake.—Three-quarters cup butter; one cup sugar; one cup jam (any kind, blackberry preferable); two cups Sperry Flour; three eggs; one teaspoonful soda, dissolved in five teaspoonfuls sour milk; one-half teaspoonful Folger's Golden Gate Cloves; one-half teaspoonful Folger's Golden Gate Nutmeg; one teaspoonful Folger's Golden Gate Cinnamon. This makes three or four layers; put together with the following frosting: Two cups sugar, three-quarters cup of milk; butter the size of an egg. Boil 15 minutes; beat until white and spread between layers. Also beat cake well.

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Imperial Cookies.—One-half cup butter; one cup sugar; two eggs; one tablespoonful milk; two and one-half cups Sperry Flour; one and one-half level teaspoonfuls Folger's Golden Gate Baking Powder; one-half teaspoonful Folger's Golden Gate Lemon Extract; one-half teaspoonful grated nutmeg. Mix and bake as wafers.

Mrs. Margaret Whittaker.

Spice Cake.—One cup of sour milk; one cup of sugar; one-half cup of butter; two and one-half cups of Sperry Flour; one egg; one teaspoonful of soda; one small nutmeg; one teaspoonful of Folger's Golden Gate Cloves, cinnamon and allspice; one cup of raisins. You can double this recipe and make a large cake if you wish.

Ginger Snaps.—One-half pound Sperry Flour; one-quarter pound sugar; one-quarter pound molasses; two ounces butter (melted); one teaspoonful Folger's Golden Gate Baking Powder; one teaspoonful Folger's Golden Gate Ginger; one teaspoonful baking soda; one tablespoonful milk; one-quarter teaspoonful salt. Sift dry ingredients; add butter, molasses and milk. Roll out thin and bake in a moderate oven.

Miss Bryant.

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Dried Apple Cake.—Two cups dried apples, chopped fine; soak over night in water; then cook in one cup molasses until soft; add one cup butter, one cup brown sugar, one cup sour milk, two teaspoonfuls soda, one teaspoonful Folger's Golden Gate Cinnamon, one teaspoonful Folger's Golden Gate Cloves, one teaspoonful nutmeg, one cup raisins, enough Sperry Flour to make quite stiff. Bake in moderate oven.

French Cream Frosting.—One-half cup of sugar, three tablespoonfuls water in small saucepan; stir while heating until the sugar is melted; take spoon from pan before sugar begins to boil; after boiling four minutes, add one-half teaspoonful vanilla; do not stir; set away to cool; when blood warm, beat with wooden spoon until thick and white; put in double boiler; melt, then spread quickly on cake.

Chocolate Frosting.—Dissolve one ounce of chocolate, add a tablespoonful of boiling water. Apply to cake over French cream. Very delicious. A. L. Bradley.

Walnut Cake.—Four eggs, beaten separately; two cups sugar; one cup sweet milk; three cups Sperry Flour; one cup butter; two teaspoonfuls cream of tartar; one teaspoonful soda; two cupfuls nuts, chopped small, and one cup of raisins. Mrs. W. S. Philips.

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Devil Cake.—For custard part: One cupful of grated chocolate; one cup of brown sugar; one-half cup sweet milk; yolk of one egg; one teaspoonful of Folger's Golden Gate Vanilla. Stir all together in a granite pan. Cook slowly until it begins to thicken, and set away to cool. **For Cake Part:** One cupful of brown sugar; two cups of Sperry Flour; one-half cup of butter; one-half cup of sweet milk; two eggs; cream butter; sugar; eggs; yolks of eggs; add milk, sifted flour, and whites of eggs beaten stiff. Beat all together, and then stir in the custard. Lastly, add a teaspoonful of soda dissolved in a little warm water. Bake either as a loaf or layer cake. **For Filling:** One cup of brown sugar and one of white; one cup of water; one tablespoonful of vinegar. Boil until thick, like candy, and stir in the beaten whites of two eggs, and one-quarter pound of marshmallows. Boil up again and put on cake, letting each layer cool, putting on the next layer. Mrs. Ida Carter.

Strawberry Fluff.—Use regular shortcake. Take one cup of strawberries (the small ones); crush and sweeten them; then stir them into the well-beaten whites of two eggs; half the rest of the berries and lay them on the cake; then add the fluff, which is the strawberries and white of eggs. This takes the place of cream and makes a very pretty and delicious dish. Mrs. S. I. Harrison.

Kisses.—Beat very light the whites of four eggs; one teaspoonful Sperry Flour; flavor with Folger's Golden Gate Lemon, or rose water. Bake on paper. Mrs. Bradley.

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Ginger Cake.—Two eggs, well beaten; one cup molasses; one cup butter and lard mixed; two teaspoonfuls ginger; one teaspoonful soda in one-half cup of milk or water; Sperry Flour to make stiff as for cup cake.

Ginger Snaps.—One cup molasses; one cup sugar; one-half cup butter; one teaspoonful Folger's Golden Gate Cinnamon; one teaspoonful Folger's Golden Gate Ginger; one teaspoonful soda. Boil these together for about five minutes, adding the soda toward the last. Allow mixture to cool; then mix with Sperry Flour and roll very thin. Bake on floured tins, cutting round like cookies or in long strips one inch wide and five or six inches long. Mrs. Powel.

Hermits.—Mix one cup sifted Sperry Flour, one level teaspoonful each of soda, Folger's Golden Gate Cinnamon and nutmeg, and one-fourth level teaspoonful of salt and Folger's Golden Gate Cloves; add two cups seedless raisins (washed, boiled 10 minutes, dried and quartered). Blend one-fourth cup Cottolene with one and one-half cups sugar, add two well-beaten eggs, three tablespoonfuls of milk and the flour mixture. Beat well, then add enough more Sperry Flour to make dough just stiff enough to stay up when dropped on a greased pan. Bake quickly.

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Chocolate Cake with Marshmallow Filling.—One-half cup butter; two cups sugar creamed; one cup sweet milk; six eggs, whites and yolks beaten separately; one teaspoonful of Folger's Golden Gate Vanilla; three teaspoonfuls Folger's Golden Gate Baking Powder; three cups Sperry Flour, sifted together; one-third cup of chocolate, grated. When melted, stir into batter; makes three layers. **Filling:** One pound of marshmallows into which is put one tablespoonful of water. Place on range; stir till melted; put between layers.

Mrs. Herzog.

Rock Cakes.—Melt one level teaspoonful Cottolene, one-fourth cup sugar and one-half level teaspoonful salt in one cup scalded milk. When cool, add one-half yeast cake softened in one-fourth cup water, one beaten egg and Sperry Flour to make a stiff drop batter. Use a mixture of corn, rye meal, or graham meal, with Sperry Flour to make variety. Let it rise in a warm place, and when light, take up in spoonfuls without disturbing the mass, and drop into hot, deep Cottolene.

Nut Caramel Cake.—Two cups brown sugar; one-half cup sour milk; one-half cup butter; two eggs; one-half cup chocolate, dissolved in one-half cup hot water; one teaspoonful soda; two and one-half cups Sperry Flour. **Filling:** Two cups brown sugar; one-half cup sweet milk; one-half cup butter. Boil all together until it will candy, then add one-half pound chopped walnuts. Mrs. Shuman.

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Date Pudding.—One cup of milk; three cups Sperry Flour; one-third cup butter; one cup New Orleans molasses; one teaspoon of soda; one-half teaspoonful each of Folger's Golden Gate cloves, cinnamon and nutmeg; one teaspoonful of salt; one pound of dates. Other fruit can be added if desired. Serve with hard sauce.

Carrot Pudding.—One cup raw grated carrots; one cup grated raw potatoes; one cup sugar; one-third cup butter; one cup Sperry Flour; one teaspoonful soda, stirred into raw potatoes; three-quarters cup raisins, same of currants; one-half cup nut meats, chopped; salt and spices to taste. Steam two and one-half hours. Serve with hard sauce.
Mrs. J. M. Jackson.

Graham Pudding.—One cup molasses; one egg; one-half teaspoonful soda; one cup raisins; one level tablespoonful butter; one cup sweet milk; one heaping teaspoonful Folger's Golden Gate Baking Powder; graham flour to make a batter the consistency of corn bread. Steam three hours.
Mrs. I. D. Hamilton.

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Apple Pudding.—Six tart apples, grated; two eggs; one tablespoonful melted butter; one pint of milk; one cup of sugar. Flavor with Folger's Golden Gate nutmeg or cinnamon. Bake half hour. Serve with sweet cream.
Mrs. D. Sadamore.

Date Pudding.—One pound dates; half pound bread crumbs; one-half pound suet, chopped fine; one-half cup Sperry Flour; one-half teaspoonful of soda; two tablespoonfuls boiling water. Boil in covered mold three hours.
A. E. P.

Sago Cream.—Soak one-half cup sago in a cup of water, one hour; put one and one-half pints of milk on to boil; add the soaked sago, and boil for ten minutes; add sugar and Folger's Golden Gate Flavoring Extract to taste; a teaspoonful of butter; the beaten yolks of two eggs. Remove from fire, and add the well-beaten white of one egg; when cool, pour into glass dish; beat the white of one egg with a little sugar, and put in spoonfuls on top of pudding.
A. E. P.

Steamed Cranberry Pudding.—Cream one cup of butter, one cup sugar; add three eggs, well beaten; mix three teaspoonfuls Folger's Golden Gate Baking Powder with three and one-half cups Sperry Flour; add this alternately with one-half cup of milk; add two cups of cranberries which have been washed, dried and well floured with some of the flour already measured; turn into a buttered tin and plunge into boiling water and steam for two hours. Serve with cream or hard sauce.

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Strawberry Pudding.—One-third of a box of gelatine; one-third of a cupful of cold water; one-third of a cupful boiling water; one and one-third cupfuls of Folger's Golden Gate strawberry juice; one saltspoonful of salt; juice of one lemon; whites of two small eggs; six tablespoonfuls of whipped cream. Cover the gelatine with cold water; when softened add the boiling water, and stir until dissolved; add the strawberry juice, lemon juice and salt; set away to cool until it begins to thicken; whip the eggs until stiff; add two tablespoonfuls of sugar, and beat together; when the gelatine is slightly thickened, beat with Dover egg-beater until light; add the whites of the eggs; and lastly, the whipped cream. Dip the mold in cold water and drain; fill with mixture and set away to harden. Do not use a tin mold. Pineapple, grape, lemon, orange, raspberry extracts, etc., may be used in place of strawberry. Cut in slices and serve with cake.

Mrs. Penson.

Pudding Sauce.—Beat one egg; one cup sugar to a stiff froth; make thin batter with one pint hot water, and butter half the size of an egg. Pour boiling hot over the egg and sugar, beating briskly while pouring. Flavor with Folger's Golden Gate extracts to suit taste.

Mrs. Penson.

Hard Sauce.—Put a large tablespoonful of butter in bowl and beat until creamy; add alternately two cups powdered sugar and one-half cup sherry, beating all the time. Serve with nutmeg well sprinkled over it.

A. E. P.

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Brown Betty.—Butter a pudding mold; put a layer of fine bread crumbs in the bottom, then a layer of chopped apple; sprinkle plentifully with sugar and Folger's Golden Gate Cinnamon, then bread crumbs and apples until dish is full, having bread crumbs on top. Sprinkle with bits of butter and bake in slow oven for one hour. Serve with hard sauce.

A. E. P.

Apple Roll.—Make biscuit dough, using about one pint of Sperry Flour and roll out. Spread over the dough six apples chopped fine and sprinkle with sugar and nutmeg. Fold over, making a roll. Make a syrup of one cup of hot water and one and one-half cups sugar and bring to a boil. Pour part of this over roll and bake about one-half hour. The remaining syrup can be used when serving roll.

Mrs. W. D. Clark.

Ambrosia.—Dissolve one rounded tablespoonful of granulated gelatine in one-half cup of cold water, and stir over fire until thoroughly dissolved; add one-half cup cold water to hot gelatine and let stand to cool a little. Separate the whites of four eggs; beat the whites with a tiny pinch of salt until light and stiff, then pour dissolved gelatine very slowly into beaten whites and beat while pouring in gelatine. Sprinkle in one cup of granulated sugar and keep on beating; add one-half teaspoonful Folger's Golden Gate Almond

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Flavoring and beat. Take out one-third of this mixture and tint pink. Set in bottom of deep dish and sprinkle over it chopped pecans. The second third leave white, and spread over chopped nuts. Lastly, spread over the remaining third, that has been tinted lavender. Served with whipped cream or table cream with Folger's Golden Gate Vanilla Flavoring. Use wire egg-beater instead of Dover beater.

Mrs. E. E. Johnson.

Floating Island.—One-half package gelatine; one pint water; soak 20 minutes; add two cups sugar; set on stove to come to a boil; when nearly cold add whites of four eggs, beaten stiff; the juice and rind of two lemons; pour into mold. **Sauce:** Make custard of the four yolks; a quart of milk, and small tablespoonful corn starch. Sweeten to taste.

Corn Pudding.—One pint grated corn; one-half pint sweet milk; two eggs; two tablespoonfuls sugar; little salt. Bake two hours.

PIES.

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Sour Cream Pie.—Two-thirds cup sour cream, fill up cup with milk; two eggs; one cup sugar; one tablespoonful Sperry Flour; one tablespoonful vinegar; one cup chopped raisins; all kinds of Folger's Golden Gate spices to suit taste. Mix eggs, sugar, flour, raisins and spices together; then add vinegar and cream last. Bake between two crusts. This makes one pie. It is an excellent substitute for mince pie and very good.

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Lemon Pie.—Put into a saucepan, grated rind and juice of one lemon; one teaspoonful of butter; large cup sugar; and a heaping tablespoonful cornstarch. Put on stove and stir into it one large cup boiling water, and cook for about one minute; when cool beat in one egg. Bake with upper crust.

A. E. P.

Squash Pie.—Two cups squash; three-quarters cup sugar; three eggs; two tablespoonfuls molasses; one tablespoonful melted butter; one tablespoonful ginger; one teaspoonful Folger's Golden Gate Cinnamon; two cups milk; little salt. Makes two pies. Miss Bryant.

Lemon Pie.—Put three cups sweet milk on fire in saucepan; mix two tablespoonfuls Sperry Flour, and one of corn starch with cold water or milk, and stir in hot milk when boiling; cook one minute, then set aside to cool. Then mix together four heaping tablespoonfuls sugar, the grated rind of one and juice of two lemons, and the yolks of two eggs. Stir into the milk, and pour into a deep pan lined with good pie paste, and bake slowly for half an hour. Beat

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the whites of two eggs to a stiff froth, add two tablespoonfuls sugar, and spread on top. Replace in oven till a delicate brown.

Mrs. H. Wilson.

Lemon Pie.—One cup sugar; yolks of three eggs; the white of one egg; one tablespoonful butter. Stir until very light, then add two-thirds cup of water and two good tablespoonfuls Sperry Flour. The rind and juice of one lemon; beat the white to a stiff froth and stir into the mixture just before putting into the crust. Mrs. Penson.

PRESERVES.

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Orange Marmalade.—Eight oranges; four lemons, cut up fine; then add seven pints cold water; let stand 24 hours; boil one hour. Add seven pounds sugar, and let boil hard for another hour.

Blackberry Jam.—Take one and one-half gallons blackberries; mash to pulp; add one gallon sugar, and boil briskly 40 minutes. Seal up while hot.

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Pineapple Preserve.—Slice pineapple; add equal measure of sugar; prepare at night and set in ice box. In the morning drain off juice and add one teaspoonful of lemon juice; cook syrup and pour over pineapple. Let it stand until cold, then put in glasses.

Mrs. Goodfellow.

BREAD.

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Steamed Boston Brown Bread.—Two cups of corn meal; one cup of graham flour; three cups of sour milk; one-third cup molasses; teaspoonful of soda, dissolved in the molasses; a little salt. Steam four hours or longer.

Mrs. L. B.

Brown Bread.—Two cups of bread dough after raising; one-half cup of molasses; two tablespoonfuls of brown sugar, one-half teaspoonful of soda, dissolved in hot water. Stir soft with graham flour, and let it rise once.

Mrs. J. C. C.

Boston Brown Bread.—One cupful each of corn meal, Sperry's rye flour and wheat flour, one-half teaspoonful salt, two teaspoons soda; mix thoroughly; add two cups New Orleans molasses and two cups sour milk; mix well and steam four hours.

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Boston Brown Bread.—Two cups Sperry's graham flour, one cup Sperry's white flour, one cup corn meal, one-half teaspoon salt, one cup molasses, one and one-half teaspoon soda, one-quarter cup cold water, one tablespoon melted lard, one and one-half cupfuls sour milk.
Mrs. F. R. Farrier.

Yankee Brown Bread.—One cup of white Sperry Flour, two cups of graham flour, two cups corn meal, one teaspoonful of soda, one cup of molasses, three and one-half cups of sour milk, salt spoon of salt. Beat well and steam four hours.

Graham Muffins.—One pint of graham flour; one pint of wheat flour; two eggs, beaten light; one tablespoonful of melted butter; one teaspoonful of sugar; a pinch of salt; two teaspoonfuls of Folger's Golden Gate Baking Powder; milk enough to make a thick batter.
Mrs. L. L. M.

English Muffins.—One pint of warm water, dissolve one-half cake of compressed yeast; one pint of milk; no salt; the beaten whites of four eggs; Sperry Flour enough to make a stiff batter. Set it to rise over night, and bake in rings on buttered griddle. Toast cold ones next morning.

Muffins.—One-half cup of sugar; one-half cup of milk; two eggs; two tablespoonfuls butter; two heaping teaspoonfuls of Folger's Golden Gate Baking Powder. Sperry Flour enough to make like cake.
Mrs. E. P. S.

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Graham Muffins.—One egg, one-half cup sugar, piece of butter size of an egg, one cup milk, three tablespoonfuls Folger's Golden Gate Baking Powder, graham meal to make a stiff batter to drop in rings without spreading. Thoroughly mix Folger's Golden Gate Baking Powder with meal, melt butter and mix well with the sugar and egg; add the milk and gradually stir in the meal.

Graham Gems (Best of All).—One-half cup of sugar, two well-beaten eggs, one pint of sour milk, one teaspoonful of soda, two tablespoonfuls of melted butter, one saltspoonful of salt, one cupful of white Sperry Flour, one-half cupful of corn meal, two cupfuls of graham flour. Bake in quick oven, 20 minutes.

Ginger Bread.—One egg; one cup sugar; one cup lard; one cup sour milk; four teaspoonfuls soda; two tablespoonfuls Folger's Golden Gate Ginger; Sperry Flour to roll soft.

Crumb Griddle Cakes.—Scald a pint of milk, pour over one and one-half cups bread crumbs and one tablespoonful butter; let stand until cool. Add one cup Sperry Flour, pinch salt, yolk of two eggs. Lastly, the stiffly-beaten whites. Bake slowly on hot griddle. More digestible than when made of all flour.

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Quick Waffles.—Sift two teaspoons Folger's Golden Gate baking powder and one salt spoon of salt with two cups of Sperry flour; add two cups of milk and yolks of three eggs; mix well and add half cup melted butter; then fold in well-beaten whites; cook at once in very hot waffle pan.

A. E. P.

Waffles.—Two eggs, two cups Sperry Flour, two cups milk, two teaspoonfuls Folger's Golden Gate Yeast Powder, one teaspoonful butter.

Rolls for Luncheon.—One cup of scalded milk, one cup of hot water, three tablespoonfuls of butter, seven cups of Sperry Flour, one teaspoonful of salt, two tablespoonfuls of sugar, one cake of compressed yeast dissolved in one-fourth cup of warm water. Mix all to a stiff batter, cover and let rise. When light, knead. Let rise again. Butter your gem pans. Form your dough in a ball the size of a hickory nut. Place three balls in each division of gem pan. Let rise till above the edge of the pan. Bake in quick oven 20 minutes.

A Friend.

Rolls.—One pint scalded milk, one-quarter cup lard, two tablespoonfuls sugar, one teaspoonful salt, one yeast cake (compressed), in one-quarter cup warm water, white of one egg, Sperry Flour to make batter. Add salt, sugar and butter to scalded milk; when lukewarm add yeast, white of egg well beaten, and Sperry Flour to make thin batter. Let rise one hour, or until foamy; mix stiff and let rise till double its size. Then make into rolls; let rise again and bake with reducing heat.

Mrs. I. D. Hamilton.

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Rolls.—One quart of Sperry flour, one tablespoonful of lard, one level teaspoonful of salt, one tablespoonful of sugar, one cupful of Mother's yeast, or any other good yeast; mix all together, rather soft dough. If the yeast does not make it soft enough, use tepid water. Make it up at 11 o'clock for 6 o'clock dinner; at 4 o'clock make into rolls and put in pans for baking.

Mrs. Belle B. Chrisman.

Buns.—One pint scalded milk, one cake compressed yeast, one-half cup (scant) lard, one small cup sugar. Dissolve the yeast in a little warm water and mix all together when lukewarm. Let rise till foamy, then mix stiff with Sperry Flour till it will not stick to the board. Let rise overnight, or for several hours till very light. Roll one inch thick and cut out, not placing close together in the pans. Let rise till they double in size and bake in quick oven. Just before taking out, brush them over with cream and sugar and brown lightly. They are delicious.

I. D. H.

Egg Toast.—Put one tablespoonful of butter in saucepan, when hot add Folger's Golden Gate Pepper and salt, and one cup of milk into which one tablespoonful of Sperry Flour has been smoothly stirred, and the finely chopped whites of three hard-boiled eggs.

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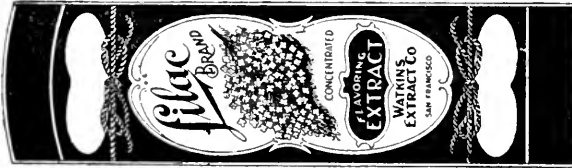
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Mrs. I. D. Hamilton.

Beaten or Virginia Biscuit.—Two quarts of Sperry Flour; two tablespoonfuls of lard; one teaspoonful of salt. Mix with water and a little milk. Beat, or work until the dough blisters. Cut out and stick with a fork. Good for luncheon; best hot for breakfast.

Mrs. M. Goodfellow.

Biscuits.—Sift well together a quart Sperry Flour, a level spoonful of salt, two teaspoonfuls of Folger's Golden Gate Baking Spoon. Rub in two tablespoonfuls of shortening as lightly as possible with the fingers, just working until it is well blended with the flour. Mix to a very soft dough with the milk or water, having this always as cold as possible. Mix with a flexible knife in preference to either a spoon or the hand, as the steel blade of the knife is colder than the spoon, and also because it cuts and mixes the dough more thoroughly. Turn dough on a well-floured board and roll or pat with the hands until about three-quarters of an inch thick. Cut into biscuits and lay, not touching, on a baking pan. Bake in quick oven 12 or 15 minutes. The chief requirements of good biscuits are: 1—A very soft dough, so soft as to be almost sticky; 2—Very little handling, because much manipulation destroys their lightness; 3—Very quick oven. If not allowed to touch each other in pan, they will be much lighter and more delicate.

G. H.

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Parker House Rolls.—One cake yeast, one tablespoonful sugar, one pint milk, lard size of an egg, one teaspoonful salt, Sperry Flour. Melt lard in milk, make stiff batter. Let rise, mix and knead thoroughly; let rise. Roll half an inch thick, cut with large biscuit cutter, spread with melted butter, fold together, let rise very light. Bake in quick oven; serve hot.

Mrs. R. E. Keys.

Nut Bread.—Four cups Sperry Flour, four teaspoonfuls Folger's Golden Gate Baking Powder, one teaspoonful salt, one-half cup sugar, one cup of chopped nuts. Mix dry ingredients up. Beat one egg, two cups sweet milk, and mix with other portion; put it in two deep baking tins and let it stand one-half hour before baking. Add a few raisins if desired.

Mrs. Arnold Nelson.

Dyspeptic Bread.—Sift together one pint Sperry Flour, one teaspoonful salt, two rounding teaspoonfuls Folger's Golden Gate Baking Powder. Mix to soft dough with milk or water; knead 2 minutes, turn into a greased pan, and allow to rise 10 minutes before baking. Bake slowly for 40 minutes. This bread can be eaten by those with weak digestion, who cannot assimilate bread prepared with yeast.

Mrs. E. Lewis.

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Timbale Shells.—Mix three-quarters of a cup of Sperry Flour with one-half teaspoonful of salt; add two-thirds of a cup of milk and one egg well beaten; when perfectly smooth, add one tablespoonful of oil; dip a hot timbale iron in this batter, and fry the mixture which clings to the iron in hot fat deep enough to cover.

Mrs. Belle B. Chisman.

Maryland Spoon Corn Bread.—Put one quart of milk on the fire, and when it comes to a boil stir in four large kitchen-spoonfuls of white corn meal. Let it cook until very thick, stirring constantly. Put it aside to cool, then add three eggs which have been beaten, with two tablespoonfuls of Sperry Flour and a big pinch of salt.

Cornmeal Souffle Bread.—Put a pint of milk in the upper boiler, let come to scalding point and add gradually two-thirds of a cup of corn meal and three-quarters of a teaspoonful of salt. Cook over hot water until the mush is free from a raw, mealy taste. Remove from the fire; let partially cool, add one tablespoonful of butter, and the yolks of four eggs, beating in one at a time. Beat whites of eggs to a stiff froth and fold in carefully; turn the souffle into a buttered baking dish, place in pan of hot water and bake for 30 minutes in a fairly quick oven. May be eaten as a breakfast bread or served as a pudding with nicely flavored liquid pudding sauce.

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Quick Loaf of Bread (Made from Entire Wheat Flour).—Three cups Sperry Flour, three teaspoonfuls Folger's Golden Gate Baking Powder, one tablespoonful sugar, one-half teaspoonful salt, one and three-quarter cups milk. Milk, more or less may be required, depending upon flour used. Sift together flour, baking powder, sugar and salt; add milk gradually, using spatula or knife for mixing. Make a soft dough that leaves the sides of the bowl. Cut and fold the dough, as success of bread depends upon this manner of mixing, and have a care that too much cutting is not done, as that would make a heavy loaf. Put on board, mold lightly in shape for a greased brick loaf pan. If good baking powder (pure cream of tartar or phosphate) be used, the loaf should be covered with oiled paper and allowed to stand 15 or 20 minutes before being put in moderate oven to bake. Maintain evenly a very moderate oven while loaf is rising. Do not remove paper until fully risen. Increase heat after 30 minutes and bake 40 to 60 minutes.

Raised Biscuits.—One cup warm sweet milk, one-half cup butter, two eggs well beaten, one cake compressed yeast in one-half cup warm water, three pints Sperry Flour, one teaspoonful salt, two tablespoonfuls sugar. Mix stiff and mould; let rise four hours, roll out one-half inch thick and cut with large and small cutters; butter the larger and put smaller one on top; let rise till very light and bake 20 or 25 minutes.

Mrs. I. D. Hamilton.

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Zwieback.—This popular form of bread may be made from Sperry white or entire wheat flour as preferred. Scald one cup of milk; when lukewarm add two cakes of compressed yeast, one-half teaspoonful salt and one cup of Sperry Flour; cover and let rise until very light; then add one-quarter cup each of butter and sugar, three eggs unbeaten and flour to mold to a smooth dough. Shape into long finger rolls; place in large dripping pan far enough apart not to touch each other (about 2 inches apart); let rise and bake 20 minutes. When cold, cut diagonally, and brown delicately in very moderate oven. Should be dry and crisp throughout.

Oatmeal Crisps.—Melt one rounded tablespoonful of Cottolene and one-half cup sugar in one-half cup hot milk, add one-half level teaspoonful salt, one teaspoonful Folger's Golden Gate Lemon Juice, one cup rolled oats (uncooked) and enough graham flour to make a soft dough. Drop from a teaspoon some distance apart, on a greased pan, shape with a wet knife and bake in moderate oven.

Mrs. W. Hazel Doughnuts.—One coffeecupful of cream; one coffeecupful of sweet milk; one large spoonful of butter; one teaspoonful of cream of tartar; one cup of sugar; one teaspoonful of soda; three eggs, well beaten; salt and Folger's Golden Gate Cinnamon. Made as soft as can be rolled.

VEGETABLES.

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Mushroom Sauce.—One rounding tablespoonful of butter, the same of Sperry Flour, one-half pint soup stock or water, one-half teaspoonful onion juice, one-half teaspoonful of salt, one-eighth teaspoonful of white or black Folger's Golden Gate Pepper, one tablespoonful Worcestershire sauce, one-half pint canned mushrooms. Melt the butter, add the flour, browned, then put in stock or water, and cook till boiling. Add mushrooms and seasoning. Cook 5 minutes and serve.

Mrs. E. R. Lewis.

Spanish Beans.—One pint of dark beans, parboiled; cook slowly, with small piece of pork; take one medium-sized onion, two kernels of garlic; one tomato. Fry in one-half large cup olive oil; add four chili peppers, cayenne, salt, Folger's Golden Gate Pepper, one-half cup New Orleans molasses. Cook all day; close tightly; place in hot oven all night.

Mrs. Bradley.

A Nice Way of Cooking Sweet Potatoes.—Boil sweet potatoes until soft, then slice, and dip in beaten egg, and then in crackers rolled very fine. Fry in butter until brown, and pour drawn butter over them.

Mrs. F. B.

Southern Way of Cooking Sweet Potatoes.—Take ordinary-sized potatoes, boiled until nearly ready for use. Then slice into a baking

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dish, putting a very little salt on each layer. Take a piece of butter the size of a small hen's egg, melt and pour over with a scant tablespoonful of sugar sprinkled on top. Bake a half hour in not too hot an oven.

Mrs. J. M. R.

Tomatoes and Rice.—Put into a saucepan, butter the size of an egg, and when it bubbles sprinkle in a dessertspoonful of Sperry Flour. Stir in one quart, or a little less, of stewed tomatoes, and when quite hot, add a cupful of fresh boiled rice and a half teaspoonful of soda. A little sugar to the tomatoes when cooking is an improvement.

Mrs. M. S.

Spinach.—Put the spinach, after it is well picked and washed, into boiling water with a little salt, and boil uncovered for five minutes; then drain in a colander, pour over it some boiling water, press out water, and cut with a knife (not chopped fine). For one peck of spinach have ready scant pint of good strong beef broth, into which put crumbs of two soda crackers, one small onion, some butter, and when it boils add spinach. Season with Folger's Golden Gate Pepper and salt, and let it simmer half an hour.

Warmed up Potatoes.—Slice or chop up boiled potatoes. Put on the fire, in a saucepan, a little milk. When boiling, add a small teacupful of butter, into which rub a teaspoonful of Sperry Flour. Add potatoes and cook about ten minutes.

Mrs. H. B.

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Corn Puree.—Take one dozen ears of plump tender corn, carefully cut the grains from the cob; put into the stew pan and just water enough to cover. Cook one hour, season with Folger's Golden Gate Pepper and salt. Pour in one pint of cream and two well-beaten eggs, one tablespoonful of butter and one tablespoonful of Sperry Flour rubbed to a cream. Let simmer, but not boil, for 10 minutes. Serve very hot in vegetable cups.

Correspondent.

Pea, Bean or Lentil Croquettes.—If dried, soak over night, then stew till tender, drain dry, mash or sift and season with salt, Folger's Golden Gate Pepper, a bit of sugar, onion, and minced parsley; add to each cup of pulp, one beaten yolk and soft bread crumbs sufficient to hold in shape. Make into balls, crumb-egg-and-crumb and fry as usual.

Lima Bean Puree.—Soak one pint of lima beans over night. Pour off water and if the skins are very loose, remove them as you would almonds, when blanching them. Put on to cook in one pint of water, add one-eighth teaspoonful of soda, celery leaves or stalk of celery, and a few moments before tender, one level teaspoonful of salt and one-eighth teaspoonful of Folger's Golden Gate Pepper. When soft, put through puree sieve, return to fire and add one pint of milk and one tablespoonful of Sperry Flour, blended with two tablespoonfuls of butter. Serve with croutons.

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Squash on Half Shell.—Divide a Hubbard squash in half lengthwise. Put in oven in dripping pan to bake. Cover and cook until tender. Aim to preserve the rind in good condition. Take out cooked center when done, mash and season with salt, Folger's Golden Gate Pepper, butter and very rich cream, a suspicion of sugar and Folger's Golden Gate Cinnamon or nutmeg; beat until light and creamy, return to the shell, reheat in the oven and serve in the shell. Garnish the platter with grape or other large leaves available.

Baked Beans.—Wash and put on to parboil one quart of small white beans, with a half teaspoonful of soda added. Let boil an hour, drain and add four tablespoonfuls New Orleans molasses, a pinch of Folger's Golden Gate Mustard, salt and Folger's Golden Gate Pepper. Put part of the beans in the bean pot, then a pound of bacon (salt pork, if preferred), then rest of beans. Cover with hot water; cover tightly, and bake ten hours, keeping water replenished as it cooks away. Are nicer if they can be started the day before and left in the oven over night. Mrs. H. Wilson.

Tomato Soy.—Eight pounds green tomatoes, one dozen bell peppers, one dozen large onions. Chop fine and add one cup salt and let stand over night. Drain and pour over one quart vinegar, one quart sugar, one tablespoonful Folger's Golden Gate cloves, cinnamon and allspice. Boil one and one-half hours. Bottle and seal.

Mrs. C. E. Cocks.

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Beans Slavonian.—Take three pounds of yellow wax beans, string and break them in the usual manner. Peel and slice a quart of tomatoes; peel and slice thin four good-sized onions and chop fine four bell peppers. Arrange in layers in a deep kettle: beans, tomatoes, onions, and a sprinkling of peppers until all are used; then add a pint of water, four tablespoonfuls of olive oil and a scant dessert spoonful of salt. Cover and cook slowly for 3 hours. More water may be added to prevent burning, and more seasoning if desired. Stir often. Mrs. C. E. Cocks.

Corn Fritters.—Six ears of corn grated, one egg, two tablespoonfuls butter, one teaspoonful Folger's Golden Gate Baking Powder, and a little salt. Mrs. B.

Stuffed Peppers.—Six green peppers from which stem ends and seeds have been removed. Scald in water to cover, over the simmering burner, from 5 to 8 minutes. Drain ready to fill. Make filling from rice nicely boiled or steamed whole and blanched, seasoned with salt, Folger's Golden Gate Pepper and butter. Or a more elaborate filling from "left overs," if at hand; one and one-half cups of rice, three-quarters cup of minced lamb, veal or chicken is used. Tomatoes may be stuffed with one-half cup of stewed and strained

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tomatoes, and one teaspoonful grated onion pulp. Mix ingredients, fill peppers two-thirds full and finish each with buttered bread crumbs. Put closely together in a deep baking dish, with one-half cup of stock or water in the dish. Cover for first 10 minutes in the oven and bake 15 minutes longer uncovered. A very rare vegetable entree when minced lamb, veal or chicken is used. Tomatoes may be stuffed with the same mixture, substituting chopped pepper for tomato or using peppers with the plain rice.

Stuffed Baked Potatoes.—Use medium-sized potatoes and bake till done without burning. Then take from the oven. Take a slice of the skin from the flat side of the potato. Remove the inside of all in pan and season with salt and Folger's Golden Gate Pepper, cream and butter and beat till white and fine and return to the skins and oven till they rise up like a puff. Serve very hot in the skins.

Mrs. I. D. Hamilton.

Browned Potatoes.—Chop some cold boiled potatoes, not too fine; season with salt and Folger's Golden Gate Pepper. Put one tablespoonful of butter in the frying pan, and when hot add the potatoes, spreading them out evenly. After they get hot through add one-third cup of rich milk or thin cream; have only moderate heat and let them brown for 10 minutes, stirring occasionally till all are evenly browned. Serve very hot.

Mrs. I. D. Hamilton.

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Littleton Potatoes.—Arrange in layers in baking dish alternately, cold minced or diced potatoes, hard-boiled eggs and white sauce made of milk, Sperry Flour and butter; season to taste and on top put buttered crackers or dry bread crumbs. Bake slowly about 1 hour.

Mrs. J. M. Jackson.

CHAPTER ON SOUPS.

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"I do not like the stock foundation, made, as it usually is, from bones, and by long and repeated boiling reduced to a stiff jelly which is kept for weeks. The best soups are made on the day they are to be served, or the day before, or from comparatively fresh stock. The best foundation for which is a shank of beef, boiled not longer than 6 or 7 hours. Strain, and when used, skim off the fat, which will be excellent to use, after proper clarifying.

No foundation for soup is better than the bones from roast beef or mutton. Sometimes we put the bones on a gridiron over a clear fire before putting them to boil, adding any scraps of cold meat we may have on hand, and a tablespoonful of rice or two medium-sized potatoes cut in thin slices.

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For the bones from a leg or loin of mutton, or rib roast of beef, allow from three pints to a quart of cold water, cover closely, boiling three or four hours. One-half hour before dinner, remove all the bones and meat, adding boiling water to make the required quantity if it has boiled down; salt to taste; small bunch of celery, cut fine. Cook 15 or 20 minutes, strain into warm tureen, and serve as quickly as possible.

The flavoring may be varied; a chopped carrot, an onion, or a little browned Sperry Flour, or a quart of nice, ripe tomatoes may be used instead of the celery; or a real vegetable soup may be made by adding two potatoes, an onion, two carrots, one-quarter of small cabbage, or a small cauliflower, all cut in small pieces and put in the soup at least three-quarters of an hour before dinner. Removing nothing but scraps of meat and the bones, three pounds of the cheaper pieces of beef or mutton—part of which is better—will answer in place of roast beef bones.

Soups should be made in porcelain-lined kettles; cook slowly and serve with toasted bread cut in small squares, or toasted crackers, bread sticks, or slices of bread cut into long, narrow strips. Or the bones and pieces from roast meat, especially if there is considerable fat, as in a loin of mutton, may be boiled in sufficient water for the soup the day before it is used.

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How to Make Bouillon.—Bouillon is only another name for beef tea, but it is usually not made as strong as for an invalid's nourishment, and frequently vegetables are added, or flavoring, which are never found in the beef tea proper.

The following recipe is an excellent one for serving at luncheons and dinners: To every pound of beef add a pint of cold water. Put on fire where it will not get more than lukewarm for three hours; then boil hard for ten minutes. Strain through cloth, and set aside to settle.

When cold, put in beaten white and shell of egg, a little onion, carrot, parsley, and turnips; make a caramel of one lump of sugar, and strain again. Bouillon requires considerable salt. Do not pour the bouillon in the cups until guests are ready to come to the table.

The soup and salad both came from a shin of veal weighing 6 pounds. It was boiled very slowly and carefully in salted water to cover, until as tender as chicken; then after it had partly cooled in the water, it was taken out and set in a cool place over night. Next morning the meat was cut from the bones in pieces about the size of one's finger, and three-quarters of an hour before wanted. The soup was made from the liquor of the meat.

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Favorite Bread Recipe

Dissolve one cake Golden Gate Compressed Yeast and one tablespoonful of sugar in a cup two-thirds full of lukewarm water. Let this stand while you warm the mixing bowl, and get everything ready to make up the dough.

If milk is used, scald it and allow to cool to lukewarm.

Add to one pint of lukewarm milk (or lukewarm water if milk is not desired) one tablespoonful of salt, then pour in the cup of yeast and sugar (never put salt in the cup containing the yeast, as it will kill the yeast).

Make dough as soft as can be handled, then work in a tablespoonful of melted butter or lard. When milk is used the butter and lard may be omitted.

It is important to mix dough thoroughly, and not to work in the butter or lard until all of the flour is thoroughly taken up and worked into dough, as greased flour will not absorb yeast and water very well, thus interfering with the raising.

Set in a warm place to rise, cover with cloth to avoid draught.

When quite light (almost ready to fall), knead well, let raise for half hour longer, then make up loaves and let prove in greased pan well covered with cloth.

When light, bake in moderately hot oven.

Be careful not to give too much proof in pan, remembering that bread should be allowed to raise still more while baking.

If you start your bread at 6 a. m., it should be in the oven by or before noon; thus it is not necessary to spend part of two days making a batch of bread, as is the case when the over-night method is used.

If it is desired to hurry the bread through, use double the amount of yeast, being careful not to let the dough over-prove (get too ripe).

If two cakes are used, bread can be started at 7 a. m. and be out of the oven by noon.

It is not a good plan to use potatoes in the dough unless the potato flavor is particularly desired; potatoes add both cost and unnecessary work to the making of bread. It also destroys that delicious nut-like flavor produced by properly fermented dough, which is the quick method.

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White Soup From Veal.—"Carefully simmer one-half hour in three cupfuls of the meat liquid, one very small onion, three bay leaves, and four Folger's Golden Gate Cloves. Then add one cup milk, tablespoonful Sperry Flour, and butter well mixed and thinned with a little of the hot soup. Boil up once, add Folger's Golden Gate Pepper and salt. The cup used in measuring should hold one-half pint, so that there should be one quart of soup. For serving with white soups, small butter crackers, split, buttered, browned in an oven are best, and they certainly were delicious."

For Tomato Soup.—Take one quart of the bran stock and let one-half an onion and one-half can of tomatoes boil together for three-quarters of an hour. Strain, add a teaspoonful sugar, salt and Folger's Golden Gate Pepper, one cup milk, and, if the stock is not very rich, a small bit of butter. Thicken with about two tablespoonfuls of Sperry Flour rubbed to a paste with milk or water.

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For Potato Soup, or puree, rather, boil five medium-sized potatoes and one onion together until potatoes are ready to fall to pieces. Drain well, sprinkle with salt; have the stock hot and skimmed. Rub potatoes through colander into the hot stock, and to make it smooth stir in one or two tablespoonfuls of Sperry Flour blended smoothly in a little cold water, as in the tomato soup; add Folger's Golden Gate Pepper and teaspoonful chopped parsley.

Easy Way to Make Soups.—Why is it that so many people think it a hard matter to have soup for dinner, and why is it that those who have the most available materials for this purpose often use it the least? You do not necessarily need meat. Bran makes an excellent stock and ought to be used by housekeepers, especially during the summer months, as it is inexpensive and contains much of the nutritive properties of meat. It is made in the proportion of one cup bran, six cups water, one-half teaspoonful salt. This should boil slowly 2 or 3 hours. Should then be strained and set aside to cool, forming a stock from which many varieties of soup may be made—such as rice puree, vegetable soup, potato soup, etc. It all depends what you put with it. Have in the house always a bottle of celery salt, some bay leaves, Folger's Golden Gate whole cloves, five-cents' worth of bay leaves to be bought at a druggist's will last a dozen years. In perhaps a quart or more of the stock put, one hour before dinner, one-half onion sliced, three tablespoonfuls well-washed rice. Let boil gently. A few minutes before dinner add a teaspoonful celery salt, Folger's Golden Gate Pepper, and salt to taste; chop a little fresh parsley fine and put into turcen. It will not flavor much but will look pretty. A little here means a teaspoonful when chopped.

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The rice, meantime, has boiled itself into a thickish substance, forming what is called a puree. Try it.

For a vegetable soup, chop fine a medium-sized carrot, one-half turnip, one large onion; add small bay leaf, one Folger's Golden Gate Clove, and boil with as little water as possible for an hour. If you have any cooked or uncooked tomatoes, add a few spoonfuls. Let the bran stock come to a boil, skim and put in the vegetables. Thicken slightly with two tablespoonfuls of corn starch or Sperry Flour, and your soup is done.

CANDY.

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Smith College Fudge.—One-quarter cup butter; one cup brown sugar; one-half cup cream; one cup white sugar; one-quarter cup molasses; two squares Baker's No. 1 chocolate; one and one-half teaspoonfuls of Folger's Golden Gate Vanilla. Melt one-quarter cup butter. Mix together in a separate dish, one cup of white sugar, one cup of brown sugar, one-quarter cup molasses, and one-half cup of cream. Add this to the butter, and, after it has been brought to a boil, continue boiling for two and one-half minutes, stirring rapidly. Then add two squares of Baker's chocolate, scraped fine; boil this five minutes, stirring it first rapidly, and then more slowly towards the end. After it has been taken from the fire add one and one-half teaspoonfuls of Folger's Extract of Vanilla. Then stir constantly until the mass thickens; pour into buttered pan and set in a cool place.

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Karo Fudge.—Grate two squares or ounces of Baker's unsweetened chocolate, and stir into one-half cup milk; add two cups granulated sugar and one-third cup Karo corn syrup. Put over the fire and stir in two tablespoonfuls butter. When chocolate is melted, allow to cook slowly, stirring once in a while. When the mixture makes a soft ball between the fingers upon being dropped into cold water it is done. Take from the fire and turn in one teaspoonful Folger's Golden Gate Vanilla Extract, and beat. Granulation will soon begin, when the mixture must be immediately turned into a buttered pan. Mark deeply in cubes when nearly cold.

Mrs. Margaret Whittaker.

Taffy.—Two cups sugar; one-half cup vinegar; one-quarter cup water. Let boil until it hardens in cold water; flavor; cool, color if desired, and pull. Don't stir while boiling. Mrs. E. R. Lewis.

Orange Fudge.—Two cups brown sugar; one cup milk; flavor with Folger's Golden Gate Vanilla; two cups water; lump of butter. When nearly done, add one-half teaspoonful cream of tartar. Boil

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until it ropes well. After removing from fire, stir in cup of walnuts, chopped fine, one-half fresh orange peel. Beat cool, and mark in cubes.

Mrs. E. R. Lewis.

Chocolate Caramels.—One cup granulated sugar; one square Baker's chocolate; one tablespoonful melted butter; one-half cup milk. Boil until brittle, cool, and mark in squares.

Mrs. E. R. Lewis.

Panache.—Four cups brown sugar; one cup sweet cream; butter size of an egg. Boil, stirring constantly until it forms soft balls when dropped into water. Remove from fire and add cup chopped walnuts and flavoring. Stir until it becomes creamy or doughy, and pour in pans. Cut in squares. Chopped raisins, dates, prunes, figs, orange peel, etc., make a variety.

Mrs. E. R. Lewis.

Kisses.—Beat whites of four eggs until it clings to dish; add seven teaspoonfuls sugar to each white, beating all the time; flavor with Folger's Golden Gate Vanilla; invert a dripping pan and cover with brown paper. Drop kiss on paper by spoonful, so as not to touch. Bake in very cool oven until delicate brown.

Mrs. E. R. Lewis.

Vinegar Candy.—Three cups sugar; one-half cup water; one-half cup vinegar. Stir before putting on stove, but not after. When partly done add one teaspoonful of butter. Just before removing from stove stir in one-half teaspoonful of soda, dissolved in a few drops of hot water. When cool enough to handle, pull white with tips of fingers.

Mrs. E. R. Lewis.

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Marshmallows.—Two heaping tablespoonfuls of gelatine; one pound powdered sugar; three-quarters cup boiling water; one-half teaspoonful Folger's Golden Gate Vanilla. Dissolve gelatine in water, pour in sugar, and beat steadily for one-half hour.

Mrs. E. R. Lewis.

Chocolate Creams.—For chocolate creams, roll any good fondant into balls, place on platter in cool place. Grate Baker's chocolate and put in a bowl over boiling teakettle. When it becomes melted, drop in the balls, one at a time. When coated, remove to wax paper.

Mrs. E. R. Lewis.

Cream Candy.—Two cups brown sugar; one cup cream; two cups milk; a small lump of butter if milk is used. Stir until it boils, and boil until it holds together when dropped in cold water. Add any flavoring desired, and beat until cool.

Mrs. E. R. Lewis.

Butter Scotch.—One cup molasses; one cup granulated sugar; one-half cup butter. Boil until hard when dropped in water. Pour in tins and make in squares.

Mrs. E. R. Lewis.

Caramel or Burnt Sugar.—Into a small tin vessel put two tablespoonfuls granulated sugar; cook until it bubbles. When it is brown and bubbling, but not burned, pour in two tablespoonfuls of boiling water. Stir until sugar is dissolved.

Mrs. E. R. Lewis.

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Peanut Brittle.—One cup granulated sugar; put in fry pan and let dissolve. Stir until it boils up. Add one teaspoonful butter, pinch soda. Scatter nuts on greased pan, pour candy over.

Mrs. E. R. Lewis.

Vanilla Fudge.—One cup granulated sugar; one cup light brown sugar; one cup cream or milk. When removed from stove flavor with Folger's Golden Gate Vanilla, and stir until it starts to grain; then hastily pour in buttered tins. Cube when cold. Mrs. E. R. Lewis.

Chocolate Fudge.—Two cups granulated sugar; one cup milk; small lump of butter; two squares of grated chocolate. Beat until it forms soft balls when dropped in cold water. Beat while cooling, and flavor with Folger's Golden Gate Vanilla. Mrs. E. R. Lewis.

Maple Cream.—One pound maple sugar; one cup cream. Cook until hardens in cold water. Stir constantly, and when done, beat until it hardens.

Mrs. E. R. Lewis.

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Mrs. E. R. Lewis.

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Marketing.—At the World's Food Fair held in Boston a few years ago Mrs. A. D. Lincoln gave a most interesting talk on marketing, the substance of which was as follows:

"In different cities beef is cut differently, but if one has the right knowledge regarding the structure, and fat and lean parts, there will be no trouble in purchasing.

"In Boston three ribs are left on the hind quarter. In cutting this up the flank is removed first, composed of thin layers of meat covered with fibres, giving a peculiar texture, yet juicy. Nearest

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the leg the meat makes a nice beef roll, or it can be stuffed and steamed. Some of the tenderest parts of the animal are along the back, while the juicy parts are taken from the leg.

"To illustrate all the various parts, a market man cut a leg of beef into sections. First, the aitch bone was removed. This makes a nutritious soup. While the adjoining top of the round steak is a more expensive cut, the lower parts make the best meats for braising or pot-roasting. Toward the end, where there are more cords and tendrons, the pieces are good for spiced beef, while the shin is suitable only for soup stock.

"A good way to cook the top of the round is to have it cut 2 or 3 inches thick. Sear both surfaces over a hot fire, then hold it high over the coals and let it cook very slowly.

"The face of the rump is full of juice, and when roasted rare is delicious. Tenderloin is cheaper when cut from the rump. A choice roasting piece comes from the back of the rump, as it is tender, although lacking in flavor, which can be imparted to it by mushrooms and other sauces. In carving it should be cut across the grain. The whole hind-quarter being hung up after it is cut, much juice settles in this particular part.

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"The loin and the sirloin were next considered. The bulging muscle makes that part rather undesirable, but as it is cut farther down it improves in quality. In Boston Market the second cut is considered the best. The extreme end or tip of the sirloin is juicy and is generally bought for roasting. It is preferable to even the best cuts from the rib.

"In the fore-quarters are parts with thick lean meats, suitable for various styles of cooking, except roasting. The brisket is particularly good for corning.

"Mutton is cut about the same as beef, after the first division of the animal. Through the loins are to be found the best parts for roasting and for chops. Never be afraid of buying fat, said Mrs. Lincoln, either in beef or mutton, as the meat is always of finer flavor when surrounded by fat. The outer skin should be cut off before it is cooked. Loin or kidney chops, cut thick, are the ones to buy. Those already rolled up and skewered together with equal layers of lean and fat are delusions. They would do very well for corned beef, or perhaps to stew, but never to broil. The fore-quarter is good if boned, steamed or broiled until tender, then baked."

In Serving Birds, a good rule to remember is that the leg of a flying bird and the wing of a swimming bird are the choicest portions.

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Macaroni and Vermicelli are very nice soups. Either may be added to soups not previously thickened by either rice or potatoes. Wash carefully and put in saucepan with cold water to cover; heat gradually, and when hot add to soup 20 minutes or half an hour before serving. Macaroni should be broken in pieces an inch or less in length. Brown soups are easily made by the addition of a tablespoonful of browned Sperry Flour. A teacupful may be browned at once, putting it when cold into closely covered glass jar. It will be found very convenient and will keep a long time in any cool closet. To prepare it, put the Sperry Flour, a little at a time, in a hot fry pan, stir rapidly, being careful not to scorch, as it is then unfit for use. When a rich dark brown, it is done.

A brown soup made in the following manner is a favorite with us:

Procure a round steak, allow a pound of meat to each quart of soup required, the rule given being for that quantity. Broil the meat over a very hot fire a little. Should be well browned on each side and cut in small pieces. Put in stew pan with quart of cold water and tablespoonful of rice. Cover and cook slowly one hour; then add an onion, one small carrot chopped fine, one sliced potato cut in small pieces, salt, cover and cook three-quarters of an hour. The vegetables may be omitted if desired.

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Care of Meat Chopper.—Take a round piece of cloth, run a rubber in it, and keep it over the top of the meat chopper. No dust can get in, and it will always be ready for use. Mrs. G. Lewis.

Mold on Preserves.—Mold can be kept from the top of preserves by putting a few drops of glycerine around the edges of the jar before screwing on the cover. Mrs. E. R. Lewis.

Canned goods should always be removed from the case as soon as opened, and allowed to stand a while before being used.

In purchasing canned goods, examine the cans carefully, and if the sides bulge outward reject them, as that denotes the presence of gas which renders the contents unfit for use.

Store all canned goods in a cool, dry, dark place, as it is very beneficial to the contents.

MISCELLANEOUS.

Mince Meat.—Three pounds of round of beef, boiled the day previous; one and one-half cups suet; two pounds raisins; one pound citron; ten pounds apples; two pounds currants; one pint boiled cider; one and one-half quarts sweet cider; one tablespoonful Folger's Golden Gate cinnamon, allspice, cloves, nutmeg, ginger; one pint molasses; two large cups sugar; one tablespoonful salt. Cook well. Add brandy to suit taste when cold. Mrs. Ellen Simmons.

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Roast Turkey.—The turkey should be killed and dressed at least two days in advance. Make a force meat of grated bread crumbs, Folger's Golden Gate pepper, salt, sweet marjoram, minced suet, and beaten yolk of egg. Chop the liver, gizzard and heart for the gravy. Stuff the craw and the body, and sew the openings. Dredge with Sperry Flour, and put the bird into the bake pan, with the bottom well covered with water. Baste every half-hour with butter.

Boned Turkey.—This is a favorite dish at evening parties, and may be thus prepared: Boil a turkey in as little water as you can, until the bones can be separated from the meat. Remove all the skin; slice, mixing together the light and dark parts. Season with salt and pepper. Take the liquid in which the turkey was boiled, having kept it warm, and pour it on the meat; mix it well. Shape it like a loaf of bread, wrap it in a cloth, and press with a heavy weight for a few hours. When served, it is cut into thin slices. Chickens can be prepared in the same way.

Chicken Patties.—Chop very fine all the dry, poorest bits left from baked chicken; season carefully with pepper, salt, and a little celery, cut into small bits; make a light puff paste; roll a quarter of an inch thick; cut with a neatly-shaped paste cutter; lay a narrow strip of the paste all round, then put some of the mince on the paste; cut another piece of the same size and lay over. Bake fifteen minutes. This makes a neat dish, and is good.

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Cheese Straws.—One cup grated cheese, one-half scant cup butter, one cup Sperry Flour, one-half teaspoonful salt, one-eighth teaspoonful Folger's Golden Gate Paprika, yolk of one egg, two tablespoonfuls milk or water. Knead ingredients well together, roll out crust one-quarter inch thick, cut in narrow strips about 4 or 5 inches long, lay on wet dripping pan, not touching each other, and bake in quick oven. May be cut in circles, part of crust, and served by placing strips in rings tied together with ribbons, or pile log-cabin fashion on plate. Very dainty with salads. Some housekeepers like the cheese straws made from pastry rolled thin and cheese sprinkled between two layers, cut in strips and baked.

Perfect Fish Balls.—Cut enough raw potatoes in small pieces to fill two cups. Cook with one cup flaked codfish till potatoes are tender. Wash thoroughly till every lump is gone. Add one tablespoonful of butter, one-sixth teaspoonful of Folger's Golden Gate Pepper, one egg. Beat till whole is light and creamy. Take up a little of the mixture at a time with a spoon that has been dipped in hot fat; this prevents mixture sticking to spoon; and drop into pan with plenty smoking hot fat. Cook golden brown; if fat is right heat, this will not take more than a minute. Drain well. Serve with or without bacon.

Mrs. G. H.

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Melton Veal.—Veal may be cooked in dozens of ways. It is not as nutritious as beef or mutton, but in many places is much cheaper. Cooked with ham or bacon, it has a fine flavor. One method of cooking the two combined, is to line a large bowl, well buttered, with slices of hard-boiled eggs. Then alternate thin slices of veal and ham, sprinkling pepper, salt and grated lemon rind, on the veal; pepper and lemon on the ham. Fill the bowl nearly to the brim; make a thick paste of Sperry Flour and water; cover over the top, and press tight on the outside edges of the bowl. Put in water, but not enough to boil over the paste, and boil three hours. Leave the paste on till nearly cold; do not turn it out of the bowl till the next morning; then if the bowl was well buttered, you will find a very appetizing dish. Cut into very thin slices, and it is excellent as a supper, breakfast, or side dish at dinner. It is styled Melton veal, because it was much used, in years past, at the Melton races.

Beef Steak.—Probably no point in cookery is less thoroughly understood than that of preparing beef steak, so as to be palatable, and suitable for food. Beef steak is best, when prepared by broiling over a hot fire of live coals. Beef cooked in this way, will not require more than three or four minutes for its preparation. The meat should be lean and tender. Sprinkle it with salt; and place it upon a small broiler. In about two minutes, turn it, and broil as before. You will be surprised at its tenderness.

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Roast Beef.—Rub the piece with salt; then place it into a well-heated oven, but be careful to prevent burning. Twenty minutes before it is done, pour off the grease; thicken with browned Sperry Flour, and season with salt and Folger's Golden Gate pepper. It will be much more palatable if served immediately.

Corned Beef.—In cooking corned beef, it should be put into boiling water when put on to cook, and when it is done it should remain in the pot until cold. This is the whole secret of having corned beef juicy and well-flavored, instead of the contrary.

SICK ROOM RECIPES.

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Sick Room Recipes.—If a physician order raw beef for a patient, this is a nice way to prepare it: Scrape fine a small piece of juicy, tender beef, seasoned highly with salt and Folger's Golden Gate Pepper, spread on thin slices of bread put together like sandwiches, and cut into small squares. These may be toasted slightly.

Beef Croquettes.—Beef croquettes are made by scraping a sufficient quantity of raw beef, sprinkle a little salt and Folger's Golden Gate Pepper over, and shape into little balls, and put in a hot frying-

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pan which has been well sprinkled with salt; shake the pan so that the balls may be heated alike on all sides.

Beef Tea.—Chop fine one pound of beef, add one and one-half pints of cold water, into which have been put 8 drops of muriatic acid and a pinch of salt; after an hour, drain off the fluid without pressure, add half a pint of cold water poured over the beef, strain it all and use it as a drink, very cold. Cannot be kept long in warm weather.

2. Make beef tea in the ordinary way: A pound of chopped beef to a pint of cold water, cooked very slowly until the beef is hard, strain off the juice which should be a clear liquid-like water; have it frozen, and give to the patient in little lumps like cracked ice.

3. Take beef juice as in No. 2, add a tumbler of boiled milk, slightly and evenly thickened with Sperry Flour, flavor with bits of celery or celery seeds, which are to be taken out before serving, add salt, and call it white celery soup.

4. Slightly boil a pound of lean beef (the "round" is best); cut into strips, and squeeze out the juice. Give it cold with a little salt and celery essence; a tablespoonful of claret wine may be added. A pound of beef makes about three tablespoonfuls of juice. This is often preferred to beef tea.

The following are often preferred to beef tea:

1. Put a quart of milk into a large perfectly clean bottle; drop in the whites of three raw eggs; cook it and shake hard.

2. To one pint of milk (sugar and vanilla to taste) slightly warmed, stir in a dessertspoonful of essence of pepsin (Fairchild), and set on ice. Serve with cream.

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Wine Whey.—Boil a tumbler of milk, and as it rises throw in a wine-glass of sherry, giving one stir round the edges; let it stand over the fire until the curd sets; strain it; sweeten and ice it.

Cream of Rice Soup.—Half a pint of chicken broth strained; add to it two tablespoonfuls of rice; let it simmer for two hours, strain, and then add a half-pint of cream, salt to taste; let it come just to the boiling point. If the patient can bear it, Folger's Golden Gate Pepper, celery, or a soupscore of onion may be added.

DELICIOUS DESSERTS.

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Charlotte Russe.—Line a plain round or oval mold with lady fingers dipped in white of egg. Beat one pint of cream stiff, add three tablespoonfuls sugar, and one teaspoonful of Folger's Golden Gate Vanilla, and the stiffly beaten whites of two eggs. Pour into the lined mold, and stand on ice one hour before serving. A. E. P.

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Scotch Cream.—Make a corn starch blanc mange, and separate in four parts; put the white in the bottom of the mold; stir into one part, while warm, one heaping tablespoonful of grated chocolate; pour into the mold on top of the white; color the next part with one-half teaspoonful of damask rose fruit coloring; color the last part with leaf green fruit coloring, and pour all into the mold. Place in a cold place till firm. Slice in squares and serve with whipped cream. Cover the top with powdered sugar. B. L. B.

Pineapple Ice Cream.—One quart of cream; half a cup of milk; one teacupful of sugar; one pineapple. Pare the pineapple, remove the core and eyes and chop fine; sprinkle with sugar, half a cup to one pint of fruit; add juice of one lemon. Add this to the cream when partly frozen.

Ice Cream.—To one quart of cream add one tumbler of fruit jam and one tablespoonful of sugar; freeze. If strawberry or raspberry jam is used, after it is thoroughly dissolved in the cream, strain through a wire sieve to take out seeds. Mrs. G. M. H.

Lemon Ice.—Dissolve five cups sugar in the juice of 12 large lemons and 4 oranges; add three quarts of water and freeze. This will make one gallon of ice. Mrs. E. M. B.

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Prune Souffle.—Half a pound of prunes; whites of six eggs; 12 tablespoonfuls of powdered sugar; stew the prunes and chop fine. Beat the eggs to a stiff froth; stir in the sugar, and whip in very lightly the prunes. Bake in quick oven five or ten minutes, and serve immediately with cream. Chopped peaches are also very delicious. Lockby.

Coffee Jelly.—Soak one-half box of Cox's gelatine in a cup of cold water. When clear stir it into three cups of boiling coffee, sweeten with three-quarters of a cup of sugar, and strain into a mold. When ready to serve, whip one pint of cream and two tablespoonfuls of sugar, and flavor with Folger's Golden Gate Vanilla. Turn out the jelly on a platter and put the whipped cream around and on top of it. Mrs. C. I. P.

Fruit Pudding.—One cup of chopped suet; one cup of molasses; one cup of raisins; one cup of sweet milk; three cups of Sperry Flour; one teaspoonful of soda; Folger's Golden Gate Spices to taste. Boil four hours in a farina kettle; then put in the oven fifteen minutes, and turn out. Serve with wine sauce. Mrs. D.

Souffle.—Yolks of six eggs; three-fourths of a cup of sugar; rind and juice of half a lemon; one cup of milk. Bring the milk, sugar, and eggs to the boiling point; let cool; add juice of half a lemon; beat well the whites of six eggs; stir slowly into the prepared custard. Take out three-fourths of a cup of the custard before adding the whites of the eggs; put sugar on the bottom of a pan; add a little water; brown the sugar before putting the souffle in;

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11	14	16		3x6 feet	2.50
16	23	27		4x7 1/2 feet	4.50
30	42	48		6x9 feet	7.50
45	60	72		8x10 feet	11.25
45	63	72		9x9 feet	11.25
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bake in a pan of water fifteen minutes. **Sauce.**—Take the three-fourths of a cup of custard reserved from the soufflé, and add half a cup of cream. Use coffeecup for measure. Mrs. H. C. P.

Cafe Parfait.—Take a pint of thick cream, a small teacup of sugar, one-half cup of strong coffee, and beat to a stiff froth; put in a mold and pack as for ice cream, not stirring it; it will freeze in three hours; delicious. E. A. C.

Sea Foam (A very pretty dish).—One-half box of Cox's or Nelson's gelatine, pour over it one pint of boiling water, and stir until dissolved. When cool, not cold, break in the whites of five eggs and whip to a froth. Flavor and sweeten to taste. Mrs. J. M. R.

Lemon Sauce.—Half a cup of butter; one cup of sugar; juice and grated yellow of one lemon; three-fourths of a pint of boiling water; one tablespoonful of corn starch. Cook until it thickens.

Pie-plant Pie.—One crust baked first as for lemon pie; one large cup of stewed pie-plant. While boiling add one cup sugar, one tablespoonful butter, one teaspoonful corn starch, mixed with the well-beaten yolks of two eggs. Put the mixture in the crust with the well-beaten whites of two eggs on top and brown in the oven.

Farina Pudding.—One coffeecup of farina; one-quarter cup of butter; one pint of milk; one-quarter cup of sugar; six eggs; grated rind of one lemon; 10 almonds, blanched and chopped. Boil the milk, let farina run slowly into it, and stir till the mass separates from the kettle. Then remove it from the fire and stir into it the sugar, butter, lemon rind, salt, yolks one by one, and last the beaten whites of the eggs. Bake slowly one hour.

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Herodotus Pudding.—One pound of fine raisins, stoned; one pound of minced beef suet; one-half pound of bread crumbs; four figs, chopped fine; two tablespoonfuls of honey; two wineglasses of Greek wine; the rind of a lemon, grated; boil 3 hours. Sherry may replace the Greek wine. Sugar may be used instead of honey.

H. C. P.

Fig Pudding.—One cup of molasses; one cup of chopped suet; one cup of milk; three and a quarter cups of Sperry Flour; two eggs; one teaspoonful of soda; one teaspoonful of Folger's Golden Gate Cinnamon; half a teaspoonful of nutmeg; one pint of figs, chopped. Mrs. F. B.

Ice Cream.—Put three cups sweet milk on in double boiler. When hot, stir in one cup sugar; half cup Sperry Flour (scant), and two eggs beaten together. When cold, add three cups cream and partly freeze; then add any kind of fruit you prefer, mashed and sweetened. Strawberries, peaches or bananas make delicious cream. Or if a plain vanilla cream is preferred, put six or eight, inch pieces of vanilla bean in with the milk when first put on fire, and strain custard to remove the pods. The small seeds will still remain, but that does not matter. Mrs. H. Wilson.

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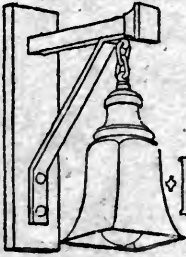
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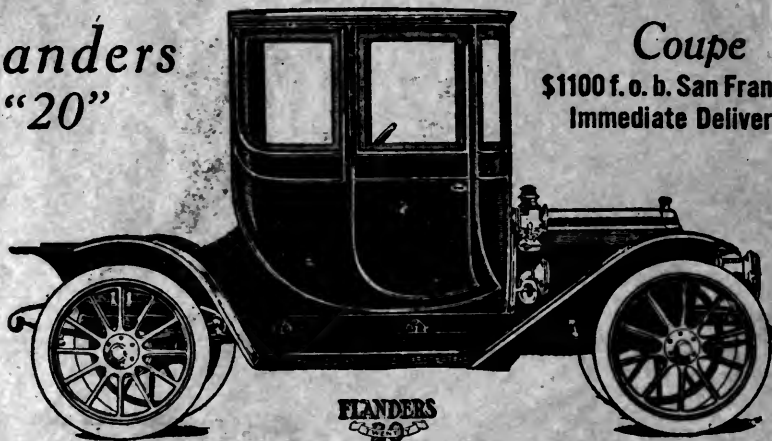
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